



LES MILLS INITIAL TRAINING DATES BALTIC - 2017

JANUARY

07-08	BODYVIVE® 3.1	Tampere
20-22	BORN TO MOVE®	Tampere
21-22	BODYATTACK®	Tallinn
21-22	BODYPUMP®	Helsinki
21-22	CXWORX®	Helsinki
21-22	LES MILLS SPRINT™	Helsinki
28-29	RPM®	Helsinki
28-29	BODYCOMBAT®	Helsinki

FEBRUARY

11-12	CXWORX®	Tallinn
11-12	SH'BAM®	Helsinki
11-12	BODYSTEP®	Helsinki
11-12	BODYATTACK®	Helsinki
11-12	GRIT®	Helsinki
18-19	BODYBALANCE®	Helsinki
18-19	BODYPUMP®	Helsinki
18-19	BODYPUMP®	Tallinn

MARCH

18-19	BODYVIVE® 3.1	Tallinn
18-19	BODYCOMBAT®	Helsinki
25-26	BODYPUMP®	Helsinki
25-26	BODYBALANCE®	Tallinn

APRIL

01-02	BODYVIVE® 3.1	Helsinki
08-09	CXWORX®	Helsinki
08-09	BODYJAM®	Helsinki
15-16	GRIT®	Tallinn
22-23	BODYBALANCE®	Helsinki
22-23	BODYATTACK®	Helsinki
22-23	BODYSTEP®	Helsinki
22-23	BODYJAM®	Tallinn

MAY

06-07	BODYCOMBAT®	Tallinn
06-07	LES MILLS SPRINT™	Helsinki
13-14	RPM®	Helsinki

JUNE

10-11	BODYPUMP®	Helsinki
10-11	BODYCOMBAT®	Helsinki
10-11	BODYBALANCE®	Helsinki
17-18	SH'BAM®	Helsinki
17-18	BODYSTEP®	Helsinki
17-18	GRIT®	Helsinki

AIM

AIM BODYPUMP®
2017-02-17 2017-02-19 Helsinki

AIM BODYCOMBAT®
2017-03-17 2017-03-19 Helsinki

AIM CXWORX®
2017-03-24 2017-03-26 Helsinki

AIM BODYATTACK®
2017-05-12 2017-05-14 Tallinn

Find out more>>