

LES MILLS QUARTERLY TRAINING CAMP 2017 - PORTUGAL

City	Date	Time	Program	Location	Trainer
MONTE GORDO	13-20.maj	07:00-17:00*	All Les Mills PROGRAMS**	PORTUGAL	Nordic Trainer Team
		*) Mixed daily activetys.	**) except RPM® & Les Mills SPRINT™		
City	Date	Time	Program	Location	Trainer
LULEÅ	21-maj	11:00-12:45	BODYPUMP®	Inpuls	Elin Atlebond
	21-maj	13:00-14:45	BODYBALANCE®	Inpuls	Elin Atlebond
UMEÅ	20-maj	09:00-10:45	BODYPUMP®	IKSU Sport	Elise Engström
	20-maj	11:00-12:15	CXWORX®	IKSU Sport	Elise Engström
ÅRE	03-jun	09:30-10:00	Les Mills SPRINT™ - ONLY MASTERCLASS	Workout Åre	Michael Steenhouwer
	03-jun	13:15-14:15	BODYCOMBAT® - ONLY MASTERCLASS	Workout Åre	Michael Steenhouwer
	03-jun	15:45-16:15	Les Mills GRIT® - ONLY MASTERCLASS	Workout Åre	Michael Steenhouwer
	04-jun	08:00-09:00	RPM® - ONLY MASTERCLASS	Workout Åre	Michael Steenhouwer
BORLÄNGE	21-maj	09:30-11:15	BODYPUMP®	Må Bättre Borlänge	Elise Engström
	21-maj	11:30-12:45	CXWORX®	Må Bättre Borlänge	Elise Engström
UPPSALA	26-maj	18:00-19:45	BODYPUMP®	Actic Kraftkällan	Kristin Andersson
STOCKHOLM	21-maj	13:00-14:45	THE TRIP™	SATS Stureplan	Adam Gripenblom
	22-maj	06:45-08:30	BODYBALANCE®	SATS Hötorget	Elin Atlebond
	23-maj	06:45-08:30	BODYPUMP®	SATS Stureplan	Charlotte Carlén
	26-maj	18:15-20:00	BODYPUMP®	SATS Stureplan	Adam Gripenblom
	27-maj	08:45-10:15	RPM®	Nordic Wellness Lindhagen	Ida Sarström
	27-maj	11:45-13:30	BODYPUMP®	Nordic Wellness Lindhagen	Ida Sarström
	27-maj	13:45-15:15	BODYVIVE®3.1	Nordic Wellness Lindhagen	Mariah Gustavsson
	27-maj	13:45-15:30	BODYATTACK®	Nordic Wellness Lindhagen	Mathilda Björck
	27-maj	15:45-17:30	BODYSTEP®	Nordic Wellness Lindhagen	Mathilda Björck
	27-maj	12:00-13:45	BODYPUMP®	Nordic Wellness Östermalm	Kristin Andersson
	27-maj	14:00-15:45	BODYBALANCE®	Nordic Wellness Östermalm	Kristin Andersson
	27-maj	16:00-17:15	CXWORX®	Nordic Wellness Östermalm	Michael Steenhouwer
	27-maj	17:30-18:45	Les Mills GRIT®	Nordic Wellness Östermalm	Michael Steenhouwer
	28-maj	10:00 -11:45	BODYPUMP®	Nordic Wellness Lindhagen	Karin Björneloo
	28-maj	12:00-13:15	CXWORX®	Nordic Wellness Lindhagen	Karin Björneloo
	28-maj	13:30-15:00	RPM®	Nordic Wellness Lindhagen	Adam Gripenblom
	28-maj	15:15-16:30	Les Mills SPRINT™	Nordic Wellness Lindhagen	Adam Gripenblom
	28-maj	12:00-13:45	BODYCOMBAT®	SATS Stureplan	Hanna Lundh
	28-maj	14:00-15:45	BODYBALANCE®	SATS Stureplan	Hanna Lundh
	28-maj	10:15-11:30	Les Mills GRIT®	SATS Hötorget	Jonas Carlén
	28-maj	11:30-13:15	BODYPUMP®	SATS Hötorget	Charlotte Carlén
	28-maj	13:30-15:00	SH'BAM®	SATS Hötorget	Charlotte Carlén
	28-maj	15:00-16:45	BODYJAM®	SATS Hötorget	Dorotka Baburin
	30-maj	07:00-08:15	CXWORX®	Nordic Wellness Lindhagen	Kristin Andersson
	31-maj	06:45-08:30	BODYPUMP®	SATS Hötorget	Adam Gripenblom
	01-jun	19:00-20:15	Les Mills GRIT®	SATS Zenit	Jonas Carlén
	03-jun	13:00-14:45	BODYPUMP®	SATS Hötorget	Mikkel Hjorth
	03-jun	14:45-16:30	BODYCOMBAT®	SATS Hötorget	Mikkel Hjorth
	03-jun	16:30-17:45	Les Mills GRIT®	SATS Hötorget	Jonas Carlén
	03-jun	10:30-12:00	RPM®	Nordic Wellness Östermalm	Jimmy Liew
	03-jun	12:15-13:30	Les Mills SPRINT™	Nordic Wellness Östermalm	Jimmy Liew
	03-jun	12:15-13:45	SH'BAM®	Nordic Wellness Östermalm	Charlotte Carlén
	03-jun	14:00-15:45	BODYATTACK®	Nordic Wellness Östermalm	Lydia Johansson
	04-jun	09:00-10:45	BODYCOMBAT®	Nordic Wellness Lindhagen	Andy Valencia
	04-jun	12:15-13:30	CXWORX®	Nordic Wellness Lindhagen	Andy Valencia
	04-jun	13:45-15:30	BODYPUMP®	Nordic Wellness Lindhagen	Kenneth Mose
	04-jun	15:45-17:30	BODYBALANCE®	Nordic Wellness Lindhagen	Kenneth Mose
JÖNKÖPING	28-maj	12:00-13:45	BODYPUMP®	Nordic Wellness Campus	Michael Steenhouwer
	28-maj	14:00-15:15	CXWORX®	Nordic Wellness Campus	Michael Steenhouwer
	28-maj	15:30-16:45	Les Mills GRIT®	Nordic Wellness Campus	Michael Steenhouwer
	28-maj	17:00-18:45	BODYCOMBAT®	Nordic Wellness Campus	Michael Steenhouwer
VÄXJÖ	20-maj	11:30-13:15	BODYPUMP®	Nordic Wellness Växjö Norremark	Elin Atlebond
	20-maj	13:30-15:15	BODYBALANCE®	Nordic Wellness Växjö Norremark	Elin Atlebond
HALMSTAD	21-maj	10:00-11:45	BODYPUMP®	Nordic Wellness Halmstad City	Martin Krook
	21-maj	12:00-13:15	Les Mills GRIT®	Nordic Wellness Halmstad City	Martin Krook
GÖTEBORG	19-maj	06:45-08:30	BODYPUMP®	Nordic Wellness Backaplan	Sandra Börjesson

	20-maj	08:00-09:15	CXWORX®	Nordic Wellness Backaplan	Karin Björneloo
	20-maj	09:30-11:15	BODYPUMP®	Nordic Wellness Backaplan	Martin Krook
	20-maj	12:45-14:00	Les Mills GRIT®	Nordic Wellness Backaplan	Martin Krook
	20-maj	14:00-15:30	RPM®	Nordic Wellness Backaplan	Ida Sarström
	20-maj	15:45-17:00	Les Mills SPRINT™	Nordic Wellness Backaplan	Ida Sarström
	20-maj	15:45-17:30	BODYBALANCE®	Nordic Wellness Backaplan	Lina Blomberg
	20-maj	11:45-13:15	SH'BAM®	Nordic Wellness Almedal	Karin Björneloo
	20-maj	13:30-15:15	BODYJAM®	Nordic Wellness Almedal	Hanna Lundh
	21-maj	10:00-11:45	BODYBALANCE®	Nordic Wellness Lindholmen	Lina Blomberg
	21-maj	12:00-13:45	BODYATTACK®	Nordic Wellness Lindholmen	Pernilla Andersson
	21-maj	14:00-15:45	BODYPUMP®	Nordic Wellness Lindholmen	Pernilla Andersson
	21-maj	10:00-11:45	BODYCOMBAT®	Nordic Wellness Arena/Skidome	Hanna Lundh
	21-maj	12:00-13:15	Les Mills GRIT®	Nordic Wellness Arena/Skidome	Elin Hellström
	21-maj	13:30-14:45	CXWORX®	Nordic Wellness Arena/Skidome	Elin Hellström
	27-maj	09:15-11:00	BODYPUMP®	Nordic Wellness Backaplan	Sandra Börjesson
	27-maj	12:45-14:30	BODYCOMBAT®	Nordic Wellness Backaplan	Hanna Lundh
	27-maj	14:45-16:30	BODYBALANCE®	Nordic Wellness Backaplan	Hanna Lundh
	28-maj	10:00-11:30	BODYVIVE®3.1	Nordic Wellness Lindholmen	Kristin Andersson
	28-maj	11:45-13:00	CXWORX®	Nordic Wellness Lindholmen	Kristin Andersson
	28-maj	13:15-15:00	BODYSTEP®	Nordic Wellness Lindholmen	Julia Pohjanen
	28-maj	10:00-11:30	RPM®	Nordic Wellness Backaplan	Jimmy Liew
	28-maj	11:45-13:00	Les Mills SPRINT™	Nordic Wellness Backaplan	Jimmy Liew
	28-maj	14:00-15:15	Les Mills GRIT®	Nordic Wellness Exclusive	Martin Krook
	28-maj	15:30-17:15	BODYPUMP®	Nordic Wellness Exclusive	Martin Krook
MALMÖ	19-maj	18:00-19:45	BODYPUMP®	SATS Entré	Kenneth Mose
	20-maj	11:30-13:00	RPM®	Kockum Fritid	Adam Gripenblom
	20-maj	13:00-14:45	BODYPUMP®	Kockum Fritid	Mikkel Hjorth
	20-maj	13:15-14:30	Les Mills SPRINT™	Kockum Fritid	Adam Gripenblom
	20-maj	15:00-16:45	BODYCOMBAT®	Kockum Fritid	Mikkel Hjorth
	20-maj	14:00-15:15	CXWORX®	Nordic Wellness Emporia	Kenneth Mose
	20-maj	15:30-16:45	Les Mills GRIT®	Nordic Wellness Emporia	Elin Hellström
	20-maj	17:00-18:45	BODYBALANCE®	Nordic Wellness Emporia	Kenneth Mose
	21-maj	11:30-13:15	BODYATTACK®	Kockum Fritid	Mathilda Björck
	21-maj	13:30-15:15	BODYPUMP®	Kockum Fritid	Mathilda Björck
	21-maj	15:30-16:45	CXWORX®	Kockum Fritid	Julia Pohjanen
	21-maj	17:00-18:45	BODYSTEP®	Kockum Fritid	Julia Pohjanen
	27-maj	11:00-12:15	Les Mills GRIT®	Kockum Fritid	Karin Björneloo
	27-maj	12:30-14:00	SH'BAM®	Kockum Fritid	Karin Björneloo
	27-maj	14:00-15:45	BODYPUMP®	Kockum Fritid	Elise Engström
	27-maj	14:00-15:45	BODYJAM®	Kockum Fritid	Dorotka Baburin
	27-maj	15:45-17:00	CXWORX®	Kockum Fritid	Elise Engström
	28-maj	12:30-14:00	BODYVIVE®3.1	Nordic Wellness Emporia	Tor Andersen
	28-maj	12:30-14:00	RPM®	Nordic Wellness Emporia	Ida Sarström
	28-maj	14:15-16:00	BODYBALANCE®	Nordic Wellness Emporia	Tor Andersen
	28-maj	14:15-15:30	Les Mills SPRINT™	Nordic Wellness Emporia	Ida Sarström