



**LES MILLS INITIAL TRAINING - FINLAND 2017**

**TOUKOKUU**

13-14 RPM® Helsinki  
 13-14 BODYATTACK® Helsinki

**KESÄKUU**

10-11 BODYPUMP® Helsinki  
 17-18 BODYBALANCE® Helsinki  
 17-18 LES MILLS SPRINT™ Helsinki  
 17-18 BODYCOMBAT® Helsinki  
 17-18 SH'BAM® Helsinki  
 17-18 LES MILLS GRIT® Helsinki  
 17-18 BODYSTEP® Helsinki

**ELOKUU**

19-20 BODYBALANCE® Helsinki  
 19-20 BODYPUMP® Tampere  
 19-20 BODYATTACK® Helsinki  
 26-27 CXWORX® Helsinki  
 26-27 BODYJAM® Helsinki  
 26-27 BODYCOMBAT® Tampere  
 26-27 RPM® Tampere

**SYYSKUU**

23-24 SH'BAM® Helsinki  
 23-24 LES MILLS GRIT® Helsinki  
 30-01 BODYVIVE® Helsinki  
 30-01 LES MILLS SPRINT® Tampere

**LOKAKUU**

07-08 BODYATTACK® Helsinki  
 14-15 BODYCOMBAT® Helsinki  
 21-22 BODYBALANCE Tampere  
 21-22 BODYPUMP® Helsinki

**MARRASKUU**

11-12 RPM® Helsinki  
 11-12 LES MILLS GRIT® Tampere  
 11-12 SH'BAM® Tampere  
 18-19 LES MILLS SPRINT® Helsinki  
 18-19 BODYSTEP® Helsinki  
 07-08 CXWORX® Tampere

**JOULUKUU**

16-17 BODYJAM® Helsinki  
 16-17 BODYCOMBAT® Helsinki  
 16-17 BODYATTACK® Helsinki  
 16-17 BODYPUMP® Helsinki

**EVENT**

**02-03 SEPTEMBER  
 LES MILLS LIVE - COPENHAGEN**