

LES MILLS QUARTERLY TRAINING CAMP 2017 - PORTUGAL

City	Date	Time	Program	Location	Trainer
<b>MONTE GORDO</b>	13-20.maj	07:00-17:00*	All Les Mills PROGRAMS**	<b>PORTUGAL</b>	Nordic Trainer Team
		*) Mixed daily activities. **) except RPM® & Les Mills SPRINT™			

City	Date	Time	Program	Location	Trainer
<b>OSLO</b>	26.maj	18:30-20:45	<b>BODYPUMP®</b>	ELIXIA Carl Berner	Sandra Knudsen
	26.maj	18:15-20:00	<b>BODYBALANCE®</b>	FF Grønland	Ragnhild Lien
	27.maj	12:15-14:00	<b>BODYATTACK®</b>	SATS Spektrum	Sander Johansen
	27.maj	14:15-16:00	<b>BODYBALANCE®</b>	SATS Spektrum	Ragnhild Lien
	27.maj	15:15-17:00	<b>RPM®</b>	SATS Bislett	Sandra Knudsen
	27.maj	13:15-15:00	<b>BODYPUMP®</b>	SATS Bislett	Sandra Knudsen
	28.maj	12:30-13:45	<b>CXWORX®</b>	SATS Spektrum	Sander Johansen
	04.juni	14:00-15:45	<b>BODYSTEP®</b>	SATS Spektrum	Marthe Fyndal Havnås
	03.juni	13:45-15:00	<b>Les Mills GRIT®</b>	ELIXIA Carl Berner	Jorge Scott
	03.juni	15:15-17:00	<b>BODYPUMP®</b>	ELIXIA Carl Berner	Jorge Scott
	04.juni	12:00-13:45	<b>BODYJAM®</b>	Fresh Fitness Ullevål	Charlotte Carlén
	04.juni	14:00-15:45	<b>BODYPUMP®</b>	Fresh Fitness Ullevål	Charlotte Carlén
	<b>TRONDHEIM</b>	27.maj	12:45-14:30	<b>BODYPUMP®</b>	FF Lade Arena
27.maj		14:45-16:30	<b>BODYSTEP®</b>	FF Lade Arena	Marthe Fyndal Havnås
<b>DRAMMEN</b>	28.maj	12:00-13:45	<b>BODYPUMP®</b>	Sports Club Akropolis Åssiden	Sandra Knudsen
	28.maj	14:00-15:15	<b>Les Mills SPRINT™</b>	Sports Club Akropolis Åssiden	Sandra Knudsen
	28.maj	13:00-14:45	<b>BODYATTACK®</b>	Sports Club Akropolis Åssiden	Marthe Fyndal Havnås
	28.maj	14:00-15:45	<b>BODYBALANCE®</b>	Sports Club Akropolis Åssiden	Ragnhild Lien
	28.maj	11:15-12:45	<b>SH`BAM®</b>	Sports Club Akropolis Åssiden	Ragnhild Lien
28.maj	16:00-17:45	<b>BODYVIVE®</b>	Sports Club Akropolis Åssiden	Ragnhild Lien	
<b>BODØ</b>	27.maj	09:45-11:00	<b>CXWORX®</b>	Stamina Trening City Nord	Arja Vanhanen
	27.maj	11:15-13:00	<b>BODYBALANCE®</b>	Stamina Trening City Nord	Arja Vanhanen
<b>STAVANGER</b>	27.maj	09:15-11:00	<b>BODYPUMP®</b>	SIS Sportsenter	Jorge Scott
	27.maj	11:15-12:30	<b>Les Mills GRIT®</b>	SIS Sportsenter	Jorge Scott
	28.maj	09:30-11:15	<b>BODYVIVE®</b>	Arena Treningssenter Hinna	Arja Vanhanen
	28.maj	11:30-12:45	<b>CXWORX®</b>	Arena Treningssenter Hinna	Arja Vanhanen
	28.maj	13:00-14:45	<b>BODYBALANCE®</b>	Arena Treningssenter Hinna	Arja Vanhanen
<b>BERGEN</b>	03.juni	12:00-13:15	<b>CXWORX®</b>	Aktiv, Paradis	Sander Johansen
	03.juni	13:30-15:15	<b>BODYPUMP®</b>	Aktiv, Paradis	Marthe Fyndal Havnås