



LES MILLS INITIAL TRAINING - FINLAND & ESTONIA 2017

AUGUST

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

SEPTEMBER

23-24	BODYBALANCE®	Tallinn
23-24	SH'BAM®	Helsinki
23-24	LES MILLS GRIT®	Helsinki
30-01	BODYVIVE®3.1	Helsinki
30-01	LES MILLS SPRINT®	Tampere

OCTOBER

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

NOVEMBER

11-12	RPM®	Helsinki
11-12	LES MILLS GRIT®	Tampere
11-12	SH'BAM®	Tampere
18-19	BODYSTEP®	Helsinki
18-19	BODYCOMBAT®	Tallinn
25-26	BODYATTACK®	Tallinn

DECEMBER

16-17	BODYJAM®	Helsinki
16-17	BODYCOMBAT®	Helsinki
16-17	BODYATTACK®	Helsinki
16-17	BODYPUMP®	Helsinki
16-17	LES MILLS SPRINT®	Helsinki

EVENT

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