



LES MILLS INITIAL TRAINING - FINLAND & ESTONIA 2017 & 2018

OCTOBER

14-15	BODYCOMBAT®	Helsinki
21-22	BODYBALANCE	Tampere
21-22	BODYPUMP®	Helsinki
28-29	BODYCOMBAT®	Tallinn
28-29	BODYATTACK®	Helsinki
28-29	CXWORX®	Tampere

NOVEMBER

04-05	BODYSTEP®	Helsinki
11-12	LES MILLS GRIT®	Tampere
11-12	SH'BAM®	Tampere
25-26	BODYATTACK®	Tallinn

DECEMBER

16-17	BODYJAM®	Helsinki
16-17	LES MILLS SPRINT®	Ylivieska

JANUARY

20-21	BODYPUMP®	Helsinki
27-28	BODYBALANCE®	Helsinki

FEBRUARY

10-11	BODYCOMBAT®	Helsinki
17-18	CXWORX®	Helsinki

MARCH

24-25	SH'BAM®	Helsinki
24-25	LES MILLS GRIT®	Helsinki

ADVANCED INSTRUCTOR MODULE - 2017

OCTOBER

13-15	BODYPUMP®	Helsinki - FI
20-22	RPM®	Stockholm - SE
20-22	SH'BAM®	Malmö - SE
20-22	BODYPUMP®	Tallinn - ES
20-22	BODYATTACK®	Stockholm - SE
27-29	BODYCOMBAT®	Copenhagen - DK

NOVEMBER

03-05	LES MILLS GRIT®	Göteborg - SE
03-05	CXWORX®	Copenhagen - DK
03-05	BODYPUMP®	Warszawa - PL
10-12	BODYBALANCE®	Helsinki - FI
15-17	BODYSTEP®	Helsinki - FI

DECEMBER

15-17	BODYPUMP®	Oslo - NO
15-17	BODYBALANCE®	Stockholm - SE

GROUP FITNESS MANAGEMENT - 2017

19-20	October	Göteborg - SE
09-10	November	Stockholm - SE
23-24	November	Oulu - FI
02-03	December	Warszawa - PL