



LES MILLS INITIAL TRAINING - DENMARK 2017 & 2018

OCTOBER

07-08	BODYSTEP®	Copenhagen
14-15	BODYATTACK®	Copenhagen
14-15	BODYPUMP®	Copenhagen
21-22	LES MILLS SPRINT™	Copenhagen
21-22	BODYCOMBAT®	Aarhus

NOVEMBER

04-05	CXWORX®	Copenhagen
11-12	BODYFLOW®	Copenhagen
11-12	LES MILLS GRIT®	Copenhagen

DECEMBER

16-17	BODYPUMP®	Aarhus
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JANUARY

21-22	BODYJAM®	Copenhagen
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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

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