

City	Date	Time	Program	Location	Trainer
<b>WEBINARS</b>	12.dec	19:30-20:15	<b>BODYPUMP®</b>	Online	Adam Gripenblom
	14.dec	20:30-21:15	<b>BODYFLOW®</b>	Online	Kristin Andersson
<b>KÖPENHAMN</b>	1.dec	17:15-19:00	<b>BODYPUMP®</b>	fitness dk Valby	Mikkel Hjort
	1.dec	17:00-18:45	<b>BODYFLOW®</b>	fitness dk Amager Strand	Tor Andersen
	2.dec	12:30-13:45	<b>CXWORX®</b>	fitness dk Valby	Andy Valencia
	2.dec	14:00-15:15	<b>Les Mills SPRINT™</b>	fitness dk Valby	Paya Johansen
	2.dec	15:30-17:00	<b>Les Mills GRIT®</b>	fitness dk Valby	Paya Johansen
	3.dec	12:00-13:45	<b>BODYPUMP®</b>	fitness dk Nygårdsvej	Mikkel Hjort
	3.dec	14:00-15:45	<b>BODYCOMBAT®</b>	fitness dk Nygårdsvej	Mikkel Hjort
	3.dec	12:30-14:15	<b>SH`BAM®</b>	fitness dk Parken	Naja Klærke
	3.dec	14:30-16:15	<b>BODYJAM®</b>	fitness dk Parken	Naja Klærke
	9.dec	12:30-14:15	<b>BODYPUMP®</b>	fitness dk Valby	Kenneth Mose
	9.dec	14:30-16:15	<b>BODYFLOW®</b>	fitness dk Valby	Kenneth Mose
	9.dec	11:15-13:00	<b>BODYATTACK®</b>	fitness dk Parken	Ditte Sommer Weinreich
	9.dec	13:15-15:00	<b>RPM®</b>	fitness dk Parken	Ditte Sommer Weinreich
10.dec	14:00-15:45	<b>BODYSTEP®</b>	fitness dk Fields	Marthe Fyndahl Havnås	
10.dec	16:00-17:45	<b>BODYVIVE®</b>	fitness dk Fields	Marthe Fyndahl Havnås	
<b>ESBJERG (BE LOUD)</b>	25.nov	10:05-11:05	<b>BODYPUMP®</b>	Be Loud, Dokken Esbjerg	Mikkel Hjort
	25.nov	11:45-12:15	<b>CXWORX®</b>	Be Loud, Dokken Esbjerg	Andy Valencia
	25.nov	12:20-13:20	<b>BODYFLOW®</b>	Be Loud, Dokken Esbjerg	Paya Johansen
	25.nov	14:50-15:50	<b>BODYATTACK®</b>	Be Loud, Dokken Esbjerg	Ditte Sommer Weinreich
	25.nov	17:00-18:00	<b>BODYCOMBAT®</b>	Be Loud, Dokken Esbjerg	Andy Valencia
<b>ODENSE</b>	3.dec	08:30-10:15	<b>BODYPUMP®</b>	Fitness DK Odense	Kenneth Mose
	3.dec	10:30-11:45	<b>CXWORX®</b>	Fitness DK Odense	Kenneth Mose
	3.dec	12:00-13:45	<b>BODYFLOW®</b>	Fitness DK Odense	Tor Andersen
	3.dec	14:00-15:45	<b>BODYSTEP®</b>	Fitness DK Odense	Tor Andersen
	3.dec	16:00-17:45	<b>BODYATTACK®</b>	Fitness DK Odense	Ditte Sommer Weinreich
<b>ÅRHUS</b>	9.dec	11:30-13:15	<b>SH`BAM®</b>	Fitness DK Riskov	Mille Kodbøl Jørgensen
	9.dec	13:30-15:15	<b>BODYJAM®</b>	Fitness DK Riskov	Mille Kodbøl Jørgensen
	9.dec	12:05-13:50	<b>BODYFLOW®</b>	Fitness DK Århus C Frisko	Paya Johansen
	9.dec	14:00-15:45	<b>BODYPUMP®</b>	Fitness DK Århus C Frisko	Mikkel Hjort
	9.dec	16:00-17:45	<b>BODYCOMBAT®</b>	Fitness DK Århus C Frisko	Mikkel Hjort