



LES MILLS INITIAL TRAINING - SWEDEN 2017 & 2018

OCTOBER

07-08	RPM®	Stockholm
07-08	CXWORX®	Stockholm
14-15	BODYPUMP®	Göteborg
21-22	BODYSTEP®	Stockholm
21-22	LES MILLS GRIT®	Stockholm
27-29	BORN TO MOVE®	Stockholm
28-29	BODYBALANCE®	Göteborg

NOVEMBER

04-05	BODYATTACK®	Göteborg
11-12	BODYCOMBAT®	Göteborg
11-12	BODYPUMP®	Stockholm
11-12	CXWORX®	Göteborg
11-12	LES MILLS GRIT®	Göteborg

DECEMBER

16-17	LES MILLS SPRINT™	Göteborg
16-17	LES MILLS GRIT®	Stockholm
16-17	SH'BAM®	Stockholm
16-17	BODYBALANCE®	Stockholm
16-17	BODYPUMP®	Göteborg

JANUARY

13-14	BODYPUMP®	Stockholm
13-14	RPM®	Göteborg
20-21	BODYSTEP®	Göteborg
20-21	CXWORX®	Stockholm
20-21	LES MILLS SPRINT™	Stockholm
27-28	BODYBALANCE®	Göteborg

FEBRUARY

10-11	BODYJAM®	Göteborg
10-11	LES MILLS TONE®	Stockholm
10-11	LES MILLS GRIT®	Göteborg
17-18	BODYPUMP®	Göteborg
17-18	BODYATTACK®	Stockholm
17-18	BODYCOMBAT®	Stockholm

MARCH

17-18	CXWORX®	Göteborg
17-18	SH'BAM®	Stockholm
24-25	BODYPUMP®	Stockholm
24-25	LES MILLS GRIT®	Stockholm

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