



LES MILLS INITIAL TRAINING - POLAND, CZECH & SLOVAKIA 2017 & 2018

OCTOBER

21-22	BODYPUMP®	Wroclaw
28-29	SH'BAM®	Warszawa
28-29	LES MILLS GRIT®	Warszawa

NOVEMBER

25-26	LES MILLS GRIT®	Warszawa
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DECEMBER

16-17	BODYPUMP®	Warszawa
16-17	BODYBALANCE®	Warszawa

JANUARY

13-14	BODYCOMBAT®	Poznan
20-21	CXWORX®	Warszawa
27-28	BODYATTACK®	Warszawa

FEBRUARY

10-11	BODYPUMP®	Krakow
10-11	LES MILLS SPRINT™	Warszawa
17-18	LES MILLS GRIT®	Warszawa

MARCH

25-26	BODYBALANCE®	Warszawa
25-26	BODYPUMP®	Warszawa

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