

LES MILLS INITIAL TRAINING - FINLAND & ESTONIA 2018

MARCH

10-11	LES MILLS TONE™	Tallinn
24-25	SH'BAM®	Helsinki
24-25	LES MILLS GRIT®	Helsinki
24-25	CXWORX®	Helsinki
24-25	BODYBALANCE®	Tallinn

APRIL

14-15	LES MILLS BARRE™	Helsinki
14-15	BODYCOMBAT®	Tallinn
21-22	BODYSTEP®	Helsinki
28-29	BODYPUMP®	Helsinki

MAY

05-06	BODYBALANCE®	Helsinki
12-13	LES MILLS SPRINT™	Helsinki

JUNE

16-17	BODYCOMBAT®	Helsinki
16-17	RPM®	Helsinki
16-17	BODYPUMP®	Helsinki
16-17	BODYJAM®	Helsinki

AUGUST

18-19	LES MILLS TONE™	Helsinki
25-26	BODYBALANCE®	Helsinki
25-26	LES MILLS GRIT™	Helsinki
25-26	BODYPUMP®	Tallinn

SEPTEMBER

08-09	BODYATTACK®	Tallinn
22-23	BODYPUMP®	Helsinki
22-23	LES MILLS BARRE™	Helsinki
29-30	SH'BAM®	Helsinki
29-30	BODYBALANCE®	Tallinn

OCTOBER

06-07	LES MILLS SPRINT™	Helsinki
13-14	CXWORX	Helsinki

NOVEMBER

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

DECEMBER

15-16	BODYPUMP®	Helsinki
15-16	BODYBALANCE®	Helsinki
15-16	BODYATTACK®	Helsinki

ADVANCED INSTRUCTOR MODULE

MARCH

23-25	BODYPUMP®	Stockholm - SE
23-25	BODYCOMBAT®	Helsinki - FI

APRIL

13-15	CXWORX®	Stockholm - SE
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MAY

04-06	BODYCOMBAT®	Stockholm - SE
11-13	RPM®	Helsinki - FI
12-13	BODYPUMP®	Oslo - NO

JUNE

15-17	BODYBALANCE®	Göteborg - SE
16-17	BODYPUMP®	Helsinki - FI
28-30	BODYATTACK®	Helsinki - FI

AUGUST

17-19	BODYPUMP®	Göteborg - SE
04-06	BODYATTACK®	Copenhagen - DK
24-26	BODYBALANCE®	Oslo - DK