



LES MILLS INITIAL TRAINING - NORWAY 2018

MARCH

24-25	LES MILLS TONE™	Oslo
31-01	BODYPUMP®	Oslo

APRIL

21-22	BODYBALANCE®	Oslo
28-29	BODYSTEP®	Oslo

MAY

12-13	CXWORX®	Oslo
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JUNE

09-10	BODYPUMP®	Oslo
09-10	LES MILLS SPRINT™	Oslo
16-17	BODYATTACK®	Oslo

AUGUST

18-19	BODYBALANCE®	Oslo
18-19	LES MILLS BARRE™	Oslo
25-26	BODYPUMP®	Oslo

SEPTEMBER

22-23	BODYATTACK®	Oslo
22-23	LES MILLS TONE™	Oslo
29-30	LES MILLS GRIT®	Oslo

OCTOBER

13-14	BODYPUMP®	Oslo
20-21	CXWORX®	Oslo

DECEMBER

15-16	BODYPUMP®	Oslo
15-16	BODYATTACK®	Oslo

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