

LES MILLS INITIAL TRAINING - POLAND, CZECH & SLOVAKIA 2018

MARCH

24-25 BODYBALANCE® Warszawa
 24-25 BODYPUMP® Warszawa
 31-01 BODYCOMBAT® Prague

APRIL

21-22 CXWORX® Warszawa
 28-29 BODYSTEP® Prague

MAY

19-20 BODYPUMP® Warszawa
 19-20 RPM® Kosice
 21-22 THE TRIP™ Kosice
 23-24 LES MILLS SPRINT™ Kosice

JUNE

09-10 LES MILLS GRIT® Warszawa
 09-10 BODYCOMBAT® Warszawa
 16-17 BODYPUMP® Prague
 30-01 CXWORX® Prague

JULY

07-08 BODYATTACK® Prague

AUGUST

18-19 BODYBALANCE® Warszawa
 18-19 BODYPUMP® Warszawa
 25-26 LES MILLS SPRINT™ Warszawa
 25-26 CXWORX® Warszawa

SEPTEMBER

22-23 LES MILLS GRIT® Warszawa
 22-23 RPM® Warszawa
 29-30 BODYATTACK® Warszawa
 29-30 SH'BAM® Warszawa
 29-30 BODYPUMP® Prague

OCTOBER

06-07 BODYPUMP® Warszawa
 13-14 BODYBALANCE® Prague

NOVEMBER

10-11 LES MILLS GRIT® Prague

ADVANCED INSTRUCTOR MODULE

MARCH

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

APRIL

13-15 CXWORX® Stockholm - SE

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