

City	Date	Time	Program	Location	Trainer
WEBINARS	12.mar	19:00 - 19:45	BODYBALANCE®	Webinar	Kristin Andersson
	12.mar	20:00 - 20:45	BODYPUMP®	Webinar	Michael Steenhouwer
	13.mar	19:00 - 19:45	CXWORX®	Webinar	Elin Hellström
	13.mar	20:00 - 20:45	BODYATTACK® - English	Webinar	Mathilda Björck
	14.mar	19:00 - 20:00	LES MILLS TONE - English	Webinar	Kristin Andersson
	15.mar	19:00 - 19:45	BODYPUMP® - English	Webinar	Michael Steenhouwer
	15.mar	20:00 - 20:45	BODYCOMBAT® - English	Webinar	Hanna Lundh
UMEÅ	11.mar	09:00 - 10:45	BODYPUMP®	IKSU Sport	Mathilda Björck
	11.mar	11:00 - 12:30	RPM®	IKSU Sport	Adam Gripenblom & Olivia Lundqvist
	11.mar	12:45 - 13:45	BODYATTACK® - Masterclass Only	IKSU Sport	Mathilda Björck
	11.mar	14:00 - 15:15	LES MILLS SPRINT™	IKSU Sport	Adam Gripenblom
	11.mar	15:30 - 17:15	BODYBALANCE®	IKSU Sport	Lina Blomberg
TRONDHEIM*)	25.feb	08:00-09:45	BODYPUMP®	3T Fossegrenda	Marthe Fyndal Havnås
	25.feb	10:00-11:45	BODYSTEP®	3T Fossegrenda	Marthe Fyndal Havnås
	25.feb	12:00-13:45	BODYATTACK®	3T Fossegrenda	Sander Gudim Johansen & Marthe Fyndal Havnås
	25.feb	14:00-16:30	Les Mills TONE®	3T Fossegrenda	Tor Andersen
	25.feb	16:45-18:30	BODYBALANCE®	3T Fossegrenda	Tor Andersen
*) For cross-country booking contact: nordic@lesmills.com					
GÄVLE	4.mar	09:00 - 10:45	BODYPUMP®	Actic Hemsta	Michael Steenhouwer
	4.mar	10:45 - 12:00	LES MILLS GRIT®	Actic Hemsta	Elin Hellström
	4.mar	12:15 - 14:00	BODYCOMBAT®	Actic Hemsta	Michael Steenhouwer
	4.mar	14:15 - 15:30	CXWORX®	Actic Hemsta	Elin Hellström
UPPSALA	23.feb	18:00 - 19:45	BODYPUMP®	Actic Kraftkällan	Mathilda Björck
STOCKHOLM	21.feb	06:30 - 08:15	BODYPUMP®	SATS Hötorget	Charlotte Carlén
	22.feb	06:30 - 08:15	BODYBALANCE®	SATS Stureplan	Elin Atlebond
	24.feb	11:45 - 13:30	BODYPUMP®	Nordic Wellness Lindhagen	Mathilda Björck
	24.feb	13:45 - 15:00	CXWORX®	Nordic Wellness Lindhagen	Julia Pohjanen
	24.feb	15:00 - 16:45	BODYATTACK®	Nordic Wellness Lindhagen	Mathilda Björck & Daniel Isaksson
	24.feb	16:45 - 18:30	BODYSTEP®	Nordic Wellness Lindhagen	Julia Pohjanen
	24.feb	09:00 - 10:15	LES MILLS GRIT®	Nordic Wellness Östermalm	Ida Sarström
	24.feb	10:30 - 12:00	RPM®	Nordic Wellness Östermalm	Olivia Lundqvist
	24.feb	12:15 - 13:30	LES MILLS SPRINT™	Nordic Wellness Östermalm	Ida Sarström
	24.feb	13:45 - 15:30	BODYPUMP®	Nordic Wellness Östermalm	Olivia Lundqvist
	25.feb	09:00 - 10:45	BODYPUMP®	Nordic Wellness Lindhagen	Charlotte Carlén
	25.feb	11:00 - 12:45	BODYBALANCE®	Nordic Wellness Lindhagen	Kristin Andersson
	25.feb	13:00 - 14:30	SH'BAM®	Nordic Wellness Lindhagen	Charlotte Carlén
	25.feb	14:45 - 17:15	LES MILLS TONE®	Nordic Wellness Lindhagen	Kristin Andersson
	25.feb	14:45 - 16:15	RPM®	Nordic Wellness Lindhagen	Jimmy Liew
	25.feb	17:00 - 18:15	LES MILLS SPRINT™	Nordic Wellness Lindhagen	Jimmy Liew
	25.feb	10:45 - 12:30	BODYCOMBAT®	SATS Stureplan	Daniel Isaksson
	25.feb	13:30 - 14:45	LES MILLS GRIT®	SATS Stureplan	Emelie Orosz
	25.feb	15:00 - 16:45	BODYPUMP®	SATS Stureplan	Olivia Lundqvist
	1.mar	07:00 - 08:15	CXWORX®	Nordic Wellness Lindhagen	Anna-Karin Wikström
	1.mar	19:00 - 20:45	BODYPUMP®	SATS Zenit	Michael Steenhouwer
2.mar	18:15 - 19:30	LES MILLS GRIT®	SATS Stureplan	Elin Hellström & Hanna Lundh	
3.mar	09:00 - 10:15	CXWORX®	Nordic Wellness Östermalm	Elin Hellström	
3.mar	10:30 - 11:45	LES MILLS SPRINT™	Nordic Wellness Östermalm	Adam Gripenblom	
3.mar	12:15 - 13:45	RPM®	Nordic Wellness Östermalm	Adam Gripenblom	
3.mar	13:00 - 14:45	BODYATTACK®	Nordic Wellness Östermalm	Pernilla Andersson & Elin Hellström	
3.mar	15:00 - 16:15	LES MILLS GRIT®	Nordic Wellness Östermalm	Elin Hellström	
3.mar	16:30 - 18:15	BODYPUMP®	Nordic Wellness Östermalm	Pernilla Andersson	

	3.mar	11:45 - 13:30	BODYBALANCE®	Nordic Wellness Lindhagen	Anna-Karin Wikström
	3.mar	13:45 - 15:15	SH'BAM®	Nordic Wellness Lindhagen	Dorotka Baburin
	3.mar	15:30 - 16:45	CXWORX®	Nordic Wellness Lindhagen	Anna-Karin Wikström
	3.mar	17:00 - 18:45	BODYJAM®	Nordic Wellness Lindhagen	Dorotka Baburin
	3.mar	12:15 - 14:00	BODYCOMBAT®	SATS Zenit	Hanna Lundh
	3.mar	10:15 - 12:00	BODYPUMP®	SATS Zenit	Michael Steenhouwer
	4.mar	09:00 - 10:45	BODYPUMP®	Nordic Wellness Östermalm	Charlotte Carlén
	4.mar	11:00 - 12:45	BODYCOMBAT®	Nordic Wellness Östermalm	Elin Atlebond
	4.mar	13:00 - 14:15	LES MILLS GRIT®	Nordic Wellness Östermalm	Jonas Carlén
	4.mar	14:30 - 16:15	BODYBALANCE®	Nordic Wellness Östermalm	Elin Atlebond
ÖREBRO	3.mar	12:00 - 13:45	BODYPUMP®	Lifestyle Fitness	Elin Atlebond
	3.mar	14:00 - 15:45	BODYBALANCE®	Lifestyle Fitness	Elin Atlebond
SARPSBORG*)	24-feb	10:00-11:45	BODYPUMP®	Sports Club Sarpsborg Helsesenter	Elin Atlebond
	24-feb	12:00-13:45	BODYATTACK®	Sports Club Sarpsborg Helsesenter	Sander Gudim Johansen & Lydia Johansson
	24-feb	14:00-15:45	BODYBALANCE®	Sports Club Sarpsborg Helsesenter	Elin Atlebond
	24-feb	16:00-17:15	CXWORX®	Sports Club Sarpsborg Helsesenter	Sander Gudim Johansen
	*) For cross-country booking contact: nordic@lesmills.com				
NORRKÖPING	10.mar	12:00 - 13:45	BODYPUMP®	Factory Fitness	Michael Steenhouwer
	10.mar	14:15 - 16:00	BODYCOMBAT®	Factory Fitness	Michael Steenhouwer
GÖTEBORG	23.febr	18:00 - 19:45	BODYPUMP®	Nordic Wellness Lindholmen	Sandra Börjesson
	25.febr	09:00 - 10:45	BODYPUMP®	STC Backa Entré	Ida Sarström
	25.febr	11:00 - 12:15	CXWORX®	STC Backa Entré	Julia Pohjanen
	25.febr	12:30 - 14:00	SH'BAM®	STC Backa Entré	Niklas Bohlin
	25.febr	14:15 - 16:00	BODYATTACK®	STC Backa Entré	Julia Pohjanen & Ida Sarström
	25.febr	16:15 - 18:00	BODYBALANCE®	STC Backa Entré	Jim Berg
	3.mar	09:00 - 10:45	BODYPUMP®	Nordic Wellness Lindholmen	Hanna Lennartsson
	3.mar	11:00 - 12:15	LES MILLS GRIT®	Nordic Wellness Lindholmen	Emelie Orosz
	3.mar	12:30 - 13:45	CXWORX®	Nordic Wellness Lindholmen	Hanna Lennartsson
	3.mar	14:00 - 15:45	BODYBALANCE®	Nordic Wellness Lindholmen	Lina Blomberg
	3.mar	11:15 - 12:45	RPM®	Fysiken Gibraltargatan	Jim Berg
	3.mar	13:00 - 14:45	BODYPUMP®	Fysiken Gibraltargatan	Sandra Börjesson
	3.mar	15:00 - 16:15	LES MILLS SPRINT™	Fysiken Gibraltargatan	Jim Berg
	4.mar	09:00 - 10:45	BODYATTACK®	Nordic Wellness Stigs Center	Julia Pohjanen & Pernilla Andersson
	4.mar	11:00 - 12:45	BODYBALANCE®	Nordic Wellness Stigs Center	Lina Blomberg
	4.mar	13:00 - 14:45	BODYSTEP®	Nordic Wellness Stigs Center	Pernilla Andersson
	4.mar	15:15 - 17:00	BODYPUMP®	Nordic Wellness Stigs Center	Pernilla Andersson
	4.mar	09:00 - 10:45	BODYPUMP®	STC Backa Entré	Hanna Lennartsson
	4.mar	11:15 - 12:30	CXWORX®	STC Backa Entré	Hanna Lennartsson
	4.mar	12:45 - 14:00	LES MILLS GRIT®	STC Backa Entré	Hanna Lundh
	4.mar	14:30 - 16:15	BODYCOMBAT®	STC Backa Entré	Hanna Lundh
	4.mar	08:45 - 10:15	RPM®	Fysiken Gibraltargatan	Jim Berg
	4.mar	10:30 - 11:45	LES MILLS SPRINT™	Fysiken Gibraltargatan	Jim Berg
	10.mar	09:00 - 11:30	LES MILLS TONE®	STC Backa Entré	Kristin Andersson
	10.mar	11:45 - 13:15	SH'BAM®	STC Backa Entré	Dorotka Baburin
	10.mar	13:30 - 14:45	CXWORX®	STC Backa Entré	Kristin Andersson
	10.mar	15:00 - 16:45	BODYJAM®	STC Backa Entré	Dorotka Baburin
	10.mar	09:00 - 10:15	LES MILLS SPRINT™	Nordic Wellness Eriksberg	Jimmy Liew
	10.mar	10:30 - 11:45	LES MILLS GRIT®	Nordic Wellness Eriksberg	Ida Sarström
	10.mar	12:00 - 13:30	RPM®	Nordic Wellness Eriksberg	Jimmy Liew
	10.mar	13:45 - 15:30	BODYPUMP®	Nordic Wellness Eriksberg	Ida Sarström
	11.mar	10:00 - 11:45	BODYBALANCE®	Nordic Wellness Exclusive	Hanna Lundh
	11.mar	12:00 - 13:45	BODYPUMP®	Nordic Wellness Exclusive	Sandra Börjesson
	11.mar	14:00 - 15:15	LES MILLS GRIT®	Nordic Wellness Exclusive	Hanna Lundh

VÄXJÖ	24.feb	11:00 - 12:45	BODYPUMP®	Moves & Motivation	Elise Engström
	24.feb	13:00 - 14:15	LES MILLS GRIT®	Moves & Motivation	Emelie Orosz
	24.feb	14:30 - 16:15	CXWORX®	Moves & Motivation	Elise Engström

HALMSTAD	25.feb	10:00 - 11:45	BODYPUMP®	Nordic Wellness Halmstad City	Elise Engström
	25.feb	12:15 - 14:00	CXWORX®	Nordic Wellness Halmstad City	Elise Engström

LUND	11.mar	09:15 - 10:30	LES MILLS GRIT®	Gerdahallen*)	Jonas Carlén
	11.mar	09:15 - 10:45	RPM®	Gerdahallen*)	Jimmy Liew
	11.mar	10:45 - 12:30	BODYPUMP®	Gerdahallen*)	Kenneth Mose
	11.mar	12:45 - 14:00	LES MILLS SPRINT™	Gerdahallen*)	Jimmy Liew & Jonas Carlén
	11.mar	14:15 - 15:30	CXWORX®	Gerdahallen*)	Kenneth Mose

*) As an Les Mills instructor, you get 30% off the ticket to Gerdahallens Inspirationsdag and a great hotel offer!
Use the code "**lesmills**" and book your spot here: www.gerdahallen.lu.se

MALMÖ	2.mar	17:30 - 19:15	BODYPUMP®	SATS Entré	Kenneth Mose
	3.mar	11:15 - 13:00	BODYBALANCE®	SATS Entré	Kenneth Mose
	3.mar	13:15 - 15:00	BODYCOMBAT®	SATS Entré	Daniel Isaksson
	3.mar	15:15 - 17:00	BODYPUMP®	SATS Entré	Kenneth Mose

	4.mar	09:30 - 10:45	RPM®	Nordic Wellness Emporia	Jimmy Liew
	4.mar	12:15 - 13:45	LES MILLS SPRINT™	Nordic Wellness Emporia	Jimmy Liew
	4.mar	14:15 - 16:00	BODYPUMP®	Nordic Wellness Emporia	Kenneth Mose
	4.mar	18:00 - 19:15	CXWORX®	Nordic Wellness Emporia	Kenneth Mose

	4.mar	09:00 - 10:15	CXWORX®	Kockum Fritid	Kristin Andersson
	4.mar	09:30 - 12:00	LES MILLS TONE®	Kockum Fritid	Mariah Gustavsson
	4.mar	12:15 - 14:00	BODYATTACK®	Kockum Fritid	Lydia Johansson & Kristin Andersson
	4.mar	14:30 - 16:15	BODYSTEP®	Kockum Fritid	Lydia Johansson & Mariah Gustavsson

	10.mar	11:15 - 12:30	LES MILLS GRIT®	Kockum Fritid	Jonas Carlén
	10.mar	13:00 - 14:15	CXWORX®	Kockum Fritid	Anna-Karin Wikström
	10.mar	14:30 - 16:15	BODYBALANCE®	Kockum Fritid	Anna-Karin Wikström

	11.mar	13:00 - 14:30	SH'BAM®	SATS Entré	Charlotte Carlén
	11.mar	15:00 - 16:45	BODYJAM®	SATS Entré	Charlotte Carlén
	11.mar	17:00 - 18:45	BODYCOMBAT®	SATS Entré	Daniel Isaksson