



LES MILLS INITIAL TRAINING - DENMARK 2018

APRIL

07-08	SH'BAM®	Copenhagen
13-14	BODYSTEP®	Copenhagen
21-22	CXWORX®	Aarhus
28-29	LES MILLS GRIT®	Copenhagen

MAY

05-06	BODYPUMP®	Aarhus
05-06	LES MILLS BARRE™	Copenhagen

JUNE

16-17	BODYPUMP®	Copenhagen
16-17	BODYFLOW®	Copenhagen
30-01	BODYATTACK®	Copenhagen

AUGUSTI

18-19	BODYPUMP®	Aarhus
25-26	Les Mills TONE™	Aarhus
25-26	CXWORX®	Copenhagen

SEPTEMBER

22-23	BODYFLOW®	Aarhus
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OCTOBER

20-21	BODYATTACK®	Aarhus
27-28	BODYCOMBAT®	Aarhus

NOVEMBER

17-18	LES MILLS SPRINT™	Copenhagen
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ADVANCED INSTRUCTOR MODULE

APRIL

13-15	CXWORX®	Stockholm - SE
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MAY

04-06	BODYCOMBAT®	Stockholm - SE
04-06	BODYATTACK®	Copenhagen - DK
12-13	BODYPUMP®	Oslo - NO

JUNE

15-17	BODYBALANCE®	Göteborg - SE
16-17	BODYPUMP®	Stockholm - SE
16-17	BODYPUMP®	Helsinki - FI

AUGUST

17-19	BODYPUMP®	Göteborg - SE
04-06	BODYATTACK®	Copenhagen - DK
24-26	BODYBALANCE®	Oslo - NO