



LES MILLS INITIAL TRAINING - FINLAND & ESTONIA 2018

APRIL

14-15	LES MILLS BARRE™	Helsinki
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	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
06-07	BODYCOMBAT®	Tallinn
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

APRIL		
13-15	CXWORX®	Stockholm - SE
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