



LES MILLS INITIAL TRAINING - POLAND, CZECH & SLOVAKIA 2018

APRIL

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

MAY

19-20	BODYPUMP®	Warszawa
-------	-----------	----------

JUNE

02-03	LES MILLS BARRET™	Prague
16-17	LES MILLS GRIT®	Warszawa
16-17	BODYCOMBAT®	Warszawa
16-17	RPM®	Prague
16-17	BODYPUMP®	Prague
30-01	CXWORX®	Prague
30-01	LES MILLS BARRET™	Warszawa

JULY

07-08	BODYATTACK®	Prague
17-18	RPM®	Kosice
19-20	THE TRIP™	Kosice
21-22	LES MILLS SPRINT™	Kosice

AUGUST

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

SEPTEMBER

01-02	LES MILLS GRIT®	Warszawa
01-02	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

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