



LES MILLS INITIAL TRAINING - SWEDEN 2018

APRIL

07-08	BODYBALANCE®	Stockholm
07-08	RPM®	Stockholm
14-15	LES MILLS SPRINT™	Göteborg
14-15	BODYATTACK®	Stockholm
21-22	BODYPUMP®	Göteborg
21-22	BODYSTEP®	Stockholm
21-22	LES MILLS TONE™	Göteborg
28-29	LES MILLS BARRE™	Göteborg

MAY

05-06	CXWORX®	Stockholm
05-06	BODYBALANCE®	Stockholm
05-06	BODYATTACK®	Göteborg
12-13	BODYPUMP®	Stockholm
12-13	BODYCOMBAT®	Göteborg
12-13	LES MILLS GRIT®	Göteborg

JUNE - JULY

09-10	LES MILLS SPRINT™	Stockholm
09-10	BODYJAM®	Stockholm
16-17	BODYBALANCE®	Göteborg
16-17	SH'BAM®	Stockholm
30-01	BODYPUMP®	Göteborg
30-01	CXWORX®	Göteborg
30-01	LES MILLS GRIT®	Stockholm

AUGUST

10-12	BORN TO MOVE®	Göteborg
11-12	BODYPUMP®	Stockholm
11-12	LES MILLS GRIT®	Göteborg
11-12	LES MILLS SPRINT™	Göteborg
18-19	BODYBALANCE®	Stockholm
18-19	CXWORX®	Stockholm
18-19	SH'BAM®	Göteborg
25-26	BODYSTEP®	Göteborg
25-26	BODYJAM®	Göteborg
25-26	BODYATTACK®	Stockholm
25-26	LES MILLS TONE™	Stockholm

SEPTEMBER

22-23	LES MILLS BARRE™	Stockholm
22-23	BODYPUMP®	Göteborg
22-23	RPM®	Göteborg
29-30	CXWORX®	Göteborg
29-30	BODYCOMBAT®	Stockholm

OCTOBER

06-07	BODYBALANCE®	Göteborg
13-14	LES MILLS GRIT®	Stockholm
20-21	LES MILLS SPRINT™	Stockholm
20-21	BODYPUMP®	Stockholm
27-28	BODYATTACK®	Göteborg

NOVEMBER

03-04	CXWORX®	Stockholm
03-04	RPM®	Stockholm
10-11	BODYSTEP®	Stockholm
10-11	BODYJAM®	Stockholm
10-11	LES MILLS TONE™	Göteborg
17-01	LES MILLS BARRE™	Göteborg
17-18	SH'BAM®	Stockholm

DECEMBER

14-16	BORN TO MOVE®	Stockholm
15-16	BODYPUMP®	Göteborg
15-16	BODYCOMBAT®	Göteborg
15-16	LES MILLS GRIT®	Göteborg
15-16	BODYBALANCE®	Stockholm

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