

City	Date	Time	Program	Location	Trainer
<b>WEBINARS</b>	28.May	20:45 - 21:30	<b>LES MILLS GRIT®</b>	Online - English	Elin Hellström
	29.May	19:00 - 19:45	<b>LES MILLS SPRINT™</b>	Online - Swedish	Adam Gripenblom
	29.May	21:00 - 21:45	<b>BODYPUMP®</b>	Online - English	Michael Steenhouwer
	30.May	19:00 - 19:45	<b>SH'BAM®</b>	Online - English	Charlotte Carlén
	30.May	20:00 - 20:45	<b>CXWORX®</b>	Online - English	Elin Hellström
	31.May	19:00 - 19:45	<b>BODYJAM®</b>	Online - Swedish	Dorotka Baburin
	31.May	20:00 - 20:45	<b>BODYBALANCE®</b>	Online - Swedish	Kristin Andersson
	04.Jun	20:00 - 20:45	<b>BODYPUMP®</b>	Online - Swedish	Michael Steenhouwer

**NOTE:** Choose "Stockholm" as city on the Events page to book.

\* For booking this webinar, please email [nordic@lesmills.com](mailto:nordic@lesmills.com)

<b>COPENHAGEN</b>	18-may	17:30-19:15	<b>BODYPUMP®</b>	fitness dk København Ø	Mikkel Hjort
	19-may	12:00-13:45	<b>BODYATTACK®</b>	Fitness dk Amager Strand	Sander Johansen
	19-may	14:00-15:15	<b>CXWORX®</b>	Fitness dk Amager Strand	Sander Johansen
	19-may	11:15-13:00	<b>BODYSTEP®</b>	Fitness dk Parken	Ditte Sommer Weinreich
	20-may	12:15-14:00	<b>BODYCOMBAT®</b>	fitness dk Valby	Elin Atlebond
	20-may	14:15-16:00	<b>BODYPUMP®</b>	fitness dk Valby	Elin Atlebond
	26-may	11:30-12:45	<b>CXWORX®</b>	Fitness dk Parken	Andy Valencia
	26-may	13:00-14:45	<b>BODYCOMBAT®</b>	Fitness dk Parken	Andy Valencia
	26-may	15:00-16:45	<b>BODYFLOW®</b>	Fitness dk Parken	Tor Andersen
	27-may	12:45-14:00	<b>CXWORX®</b>	fitness dk København Ø	Paya Johansen
	27-may	14:15-15:30	<b>GRIT®</b>	fitness dk København Ø	Paya Johansen
	27-may	13:30-15:15	<b>BODYFLOW®</b>	Fitness dk Amager Strand	Tor Andersen
	27-may	15:30-17:15	<b>LES MILLS TONE™</b>	Fitness dk Amager Strand	Tor Andersen
	27-may	17:30-19:15	<b>BODYPUMP®</b>	Fitness dk Amager Strand	Mikkel Hjort
	02-jun	13:30-15:15	<b>SH'BAM®</b>	fitness dk København Ø	Naja Lindberg
	02-jun	15:30-16:00	<b>LES MILLS BARRE™-MC</b>	fitness dk København Ø	Naja Lindberg

<b>HORSENS</b>	19-may	11:00-12:45	<b>BODYPUMP®</b>	Lido Fitness Horsens	Mikkel Hjort
	20-may	09:30-10:45	<b>CXWORX®</b>	Lido Fitness Horsens	Paya Johansen
	20-may	11:00-12:45	<b>BODYFLOW®</b>	Lido Fitness Horsens	Paya Johansen
	20-may	13:00-14:45	<b>RPM®</b>	Lido Fitness Horsens	Ditte Sommer Weinreich
	20-may	15:00-16:45	<b>BODYATTACK®</b>	Lido Fitness Horsens	Ditte Sommer Weinreich

<b>AALBORG</b>	19-may	11:30-12:45	<b>CXWORX®</b>	DGI-HUSET Nordkraft Aalborg	Andy Valencia
	19-may	13:00-14:45	<b>BODYFLOW®</b>	DGI-HUSET Nordkraft Aalborg	Paya Johansen
	20-may	13:00-14:45	<b>BODYPUMP®</b>	DGI-HUSET Nordkraft Aalborg	Mikkel Hjort
	20-may	15:00-16:45	<b>BODYCOMBAT®</b>	DGI-HUSET Nordkraft Aalborg	Mikkel Hjort

