

City	Date	Time	Program	Location	Trainer
WEBINARS	28-may	07:00-07:45	BODYCOMBAT®	Online - Finish	Eerika Kiuttu
	28-may	19:45-20:30	BODYBALANCE®	Online - Finish	Arja Vanhanen
	28-may	20:45 - 21:30	LES MILLS GRIT®	Online - English	Elin Hellström
	29-may	19:00 - 19:45	LES MILLS SPRINT™	Online - Swedish	Adam Gripenblom
	29-may	21:00 - 21:45	BODYPUMP®	Online - English	Michael Steenhouwer
	30-may	21:00-21:45	BODYPUMP®	Online - Finish	Susanna varsanpää
	30-may	19:00 - 19:45	SH'BAM®	Online - English	Charlotte Carlén
	30-may	20:00 - 20:45	CXWORX®	Online - English	Elin Hellström
	31-may	19:00 - 19:45	BODYJAM®	Online - Swedish	Dorotka Baburin
	31-may	20:00 - 20:45	BODYBALANCE®	Online - Swedish	Kristin Andersson
	04-jun	20:00 - 20:45	BODYPUMP®	Online - Swedish	Michael Steenhouwer

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

* For booking this webinar, please email nordic@lesmills.com

HELSINKI	18-may	19:00-20:45	BODYPUMP®	Easyfit Herttoniemi	Niko Viskari
	19-may	08:00-09:45	BODYPUMP®	Fitness24Seven Käpylä	Jarno Tynkkynen
	19-may	10:00-11:15	Les Mills GRIT®	Fitness24Seven Käpylä	Jarno Tynkkynen
	19-may	11:30-13:15	SH'BAM®	Fitness24Seven Käpylä	Janni Lindgren
	19-may	13:30-15:00	BODYJAM®	Fitness24Seven Käpylä	Janni Lindgren
	27-may	09:00-10:45	BODYBALANCE®	Esport Bristol	Arja Vanhanen
	27-may	09:30-10:45	LES MILLS BARRE™	Esport Bristol	Janni Lindgren
	27-may	11:00-12:45	BODYATTACK®	Esport Bristol	Susanna Varsanpää
	27-may	13:00-14:45	LES MILLS TONE®	Esport Bristol	Arja Vanhanen
	27-may	14:30-16:15	BODYPUMP®	Esport Bristol	Susanna Varsanpää
	27-may	15:00-16:15	CXWORX®	Esport Bristol	Eerika Kiuttu
27-may	16:30-18:15	BODYSTEP®	Esport Bristol	Susanna Varsanpää	
27-may	18:30-20:15	BODYCOMBAT®	Esport Bristol	Eerika Kiuttu	
OULU	19-may	08:30-10:15	BODYCOMBAT®	Easyfit Oulu Ritaharju	Mika Kankainen
	19-may	10:30.-11:45	LES MILLS SPRINT™	Easyfit Oulu Ritaharju	Mika Kankainen
	19-may	10:30-12:15	BODYSTEP®	Easyfit Oulu Ritaharju	Niko Viskari
	19-may	12:30-14:15	BODYATTACK®	Easyfit Oulu Ritaharju	Niko Viskari
	19-may	14:30-16:15	LES MILLS TONE®	Easyfit Oulu Ritaharju	Arja Vanhanen
	19-may	16:30-18:15	BODYBALANCE®	Easyfit Oulu Ritaharju	Arja Vanhanen
	19-may	18:30-20:15	BODYPUMP®	Easyfit Oulu Ritaharju	Mika Kankainen
TURKU	19-may	10:00-11:45	BODYPUMP®	Gym2000	Pia Niemi
	19-may	12:00-13:45	BODYCOMBAT®	Gym2000	Pia Niemi
	19-may	14:00-15:45	BODYBALANCE®	Gym2000	Jarno Tynkkynen
	19-may	16:00-17:15	LES MILLS GRIT®	Gym2000	Jarno Tynkkynen
	19-may	17:30-19:00	SH'BAM®	Gym2000	Tia Tynkkynen
	19-may	19:15-21:00	BODYSTEP®	Gym2000	Tia Tynkkynen
TAMPERE	19-may	12:00-13:45	THE TRIP™	Gogo Park	Eerika Kiuttu
	19-may	14:00-15:45	RPM®	Gogo Park	Eerika Kiuttu
	19-may	16:00-17:45	BODYPUMP®	Gogo Park	Eerika Kiuttu
	26-may	09:00-10:15	CXWORX®	GoGo City	Arja Vanhanen
	26-may	10:30-12:15	BODYBALANCE®	GoGo City	Arja Vanhanen
	26-may	12:30-14:15	BODYPUMP®	GoGo City	Mika Kankainen
	26-may	14:30-16:15	BODYCOMBAT®	GoGo City	Guilherme Reis
	26-may	16:30-17:45	Les Mills GRIT®	GoGo Park	Mika Kankainen
	26-may	18:00-19:45	BODYATTACK®	GoGo Park	Kira Tiivola

SEINÄJOKI	26-may	10:00-11:45	BODYBALANCE®	Fit Seinäjoki	Jarno Tynkkynen
	26-may	12:00-13:45	BODYPUMP®	Fit Seinäjoki	Jarno Tynkkynen
	26-may	14:00-15:45	SH'BAM®	Fit Seinäjoki	Tia Tynkkynen
	26-may	16:00-17:45	BODYSTEP®	Fit Seinäjoki	Tia Tynkkynen
KUOPIO	27-may	08:00-09:15	LES MILLS SPRINT™	Fressi Kuopio	Pia Niemi
	27-may	09:30-11:15	BODYCOMBAT®	Fressi Kuopio	Pia Niemi
	27-may	11:30-13:15	BODYPUMP®	Fressi Kuopio	Pia Niemi