

City	Date	Time	Program	Location	Trainer
WEBINARS	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	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

OSLO	19-may	10:00-11:45	BODYPUMP®	Fresh Fitness Majorstuen	Maria Carmen Øyhovden
	19-may	12:00-13:45	LES MILLS TONE™	Fresh Fitness Majorstuen	Maria Carmen Øyhovden
	25-may	06:30-08:15	BODYPUMP®	SATS Sagene	Sandra Knudsen
	26-may	12:00-13:45	BODYATTACK®	SATS Kampen	Ditte Sommer Weinreich
	26-may	14:00-15:45	BODYSTEP®	SATS Kampen	Ditte Sommer Weinreich
	26-may	10:15-11:30	CXWORX®	SATS Spektrum	Sander Johansen
	26-may	11:45-13:30	BODYBALANCE®	SATS Spektrum	Ragnhild Lien
	26-may	13:45-15:00	GRIT®	SATS Spektrum	Jorge Scott Neyra
	26-may	15:15-17:00	BODYPUMP®	SATS Spektrum	Jorge Scott Neyra
	27-may	10:30-12:15	BODYBALANCE®	SATS Bislett	Ragnhild Lien
	27-may	14:15-15:30	CXWORX®	SATS Bislett	Sander Johansen
	27-may	15:45-16:15	LES MILLS BARRE™-MC	SATS Bislett	Niklas Bohlin
	27-may	16:30-18:00	SH'BAM®	SATS Bislett	Niklas Bohlin
	27-may	18:10-19:55	BODYJAM®	SATS Bislett	Lise-Lotte Herlung
STAVANGER	20-may	12:15-14:00	BODYBALANCE®	SIS Sportssenter	Ragnhild Lien
	20-may	14:15-15:30	CXWORX®	SIS Sportssenter	Ragnhild Lien
	02-jun	14:00-15:15	LES MILLS SPRINT™	SIS Sportssenter	Sandra Knudsen
	02-jun	15:30-17:15	BODYPUMP®	SIS Sportssenter	Sandra Knudsen
TROMSØ	03-jun	12:00-13:45	BODYPUMP®	SATS Tromsø	Sandra Knudsen
TRONDHEIM	27-may	09:00-10:45	BODYPUMP®	Fresh Fitness Lade Arena	Maria Carmen Øyhovden
	27-may	11:00-12:45	LES MILLS TONE™	Fresh Fitness Lade Arena	Maria Carmen Øyhovden
	27-may	13:00-14:45	BODYATTACK®	Fresh Fitness Lade Arena	Marthe Fyndal Havnås
	27-may	15:00-16:15	CXWORX®	Fresh Fitness Lade Arena	Marthe Fyndal Havnås
TØNSBERG	19-may	12:30-14:15	BODYPUMP®	Level	Marthe Fyndal Havnås
	19-may	14:45-16:30	BODYATTACK®	Level	Marthe Fyndal Havnås
BERGEN	19-may	12:15-14:00	BODYPUMP®	SATS Bergen	Jorge Scott Neyra
	19-may	14:15-15:45	CXWORX®	SATS Bergen	Ragnhild Lien
	19-may	16:00-17:45	BODYBALANCE®	SATS Bergen	Ragnhild Lien

