

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

UMEÅ	19.May	11:00 - 12:45	BODYPUMP®	IKSU Sport	Olivia Lundkvist
	19.May	13:00 - 14:15	CXWORX®	IKSU Sport	Hanna Lennartsson

WORKOUT ÅRE

ÅRE	25.May	16:00 - 16:30	LES MILLS GRIT® Cardio	Workout Åre	Cristine Skogastierna & Michael Steenhouwer
	26.May	13:15 - 14:00	RPM®	Workout Åre	Michael Steenhouwer
	27.May	08:00 - 09:00	BODYBALANCE®	Workout Åre	Cristine Skogastierna
	27.May	10:30 - 11:30	BODYCOMBAT®	Workout Åre	Cristine Skogastierna & Michael Steenhouwer
	27.May	11:45 - 12:15	LES MILLS SPRINT™	Workout Åre	Michael Steenhouwer & Jim Berg

Important note "How to book" specific for Workout Åre:

To attend the event you need to purchase a specific event ticket which you can do here > <http://workoutare.se/are/bokning/>

To attend the Quarterly Trainings make sure to book your spot/s in the Instructor Portal.

STOCKHOLM	12.May	12:00 - 13:45	THE TRIP®	SATS Stureplan	Adam Gripenblom
-----------	--------	---------------	-----------	----------------	-----------------

SUPER QUARTERLY - DANCE INNOVATION

STOCKHOLM	20.May	09:00 - 09:30	Generic education session	Clarion Sign	Charlotte Carlén
	20.May	10:00 - 10:30	CXWORX®	Clarion Sign	Kristin Andersson & Anna-Karin Wikström
	20.May	10:30 - 11:00	LES MILLS BARRE™	Clarion Sign	Charlotte Carlén & Niklas Bohlin
	20.May	11:00 - 11:45	SH'BAM®	Clarion Sign	Dorotka Baburin, Kimmo Jukuri & Niklas Bohlin
	20.May	12:00 - 12:45	LES MILLS TONE™	Clarion Sign	Kristin Andersson
	20.May	13:00 - 14:00	BODYJAM®	Clarion Sign	Dorotka Baburin & Kimmo Jukuri
	20.May	14:00 - 15:00	BODYBALANCE®	Clarion Sign	Kristin Andersson & Anna-Karin Wikström
	20.May	15:00 - 15:30	Generic ed session	Clarion Sign	Dorotka Baburin

Important note "How to book" specific for Super Quarterly - Dance Innovation:

Certified instructor: search for "Quarterly workshop" on the Events page. To count the event as a Quarterly training, you need to sign up for one of the Generic education sessions at the event. Search for: "Masterclass".

Not certified: search for "Masterclass" on the Events page.

22.May	06:45 - 08:30	BODYPUMP®	SATS Stureplan	Michael Steenhouwer
24.May	06:30 - 08:15	BODYBALANCE®	SATS Stureplan	Anna-Karin Wikström
26.May	10:15 - 12:00	BODYATTACK®	KTH-hallen	Lydia Johansson
26.May	12:30 - 13:45	CXWORX®	KTH-hallen	Lydia Johansson
26.May	14:00 - 15:45	BODYPUMP®	KTH-hallen	Ida Sarström
26.May	10:30 - 12:15	BODYCOMBAT®	SATS Zenit	Daniel Isaksson
26.May	12:30 - 14:15	BODYPUMP®	SATS Zenit	Martin Krook
26.May	14:45 - 16:00	LES MILLS GRIT®	SATS Zenit	Martin Krook
27.May	11:00 - 12:15	CXWORX®	Nordic Wellness Östermalm	Hanna Lennartsson

	27.May	12:30 - 14:15	BODYPUMP®	Nordic Wellness Östermalm	Elin Atlebond
	27.May	14:30 - 15:45	LES MILLS GRIT®	Nordic Wellness Östermalm	Emelie Orosz
	27.May	09:00 - 10:45	BODYPUMP®	Nordic Wellness Lindhagen	Martin Krook
	27.May	13:00 - 14:15	LES MILLS SPRINT™	Nordic Wellness Lindhagen	Ida Sarström
	27.May	11:00 - 12:30	RPM®	Nordic Wellness Lindhagen	Ida Sarström
	2.Jun	09:00 - 10:15	LES MILLS GRIT®	Nordic Wellness Östermalm	Ida Sarström
	2.Jun	11:30 - 13:00	RPM®	Nordic Wellness Östermalm	Adam Gripenblom
	2.Jun	13:30 - 14:45	LES MILLS SPRINT™	Nordic Wellness Östermalm	Adam Gripenblom
	2.Jun	08:00 - 09:45	BODYATTACK®	Nordic Wellness Lindhagen	Kristin Andersson
	2.Jun	10:30 - 12:15	BODYPUMP®	Nordic Wellness Lindhagen	Kristin Andersson
	2.Jun	12:30 - 13:45	CXWORX®	Nordic Wellness Lindhagen	Anna-Karin Wikström
	3.Jun	13:15 - 14:30	CXWORX®	KTH-hallen	Julia Pohjanen
	3.Jun	14:45 - 16:00	LES MILLS SPRINT™	KTH-hallen	Jim Berg
	3.Jun	15:00 - 16:45	BODYSTEP®	KTH-hallen	Julia Pohjanen
	3.Jun	16:30 - 18:00	RPM®	KTH-hallen	Jim Berg
	3.Jun	11:15 - 12:30	LES MILLS GRIT®	SATS Stureplan	Michael Steenhouwer
	3.Jun	13:45 - 15:30	BODYPUMP®	SATS Stureplan	Michael Steenhouwer
	3.Jun	15:45 - 17:30	BODYCOMBAT®	SATS Stureplan	Marco Mazza Klemi
KARLSTAD	27.May	10:00 - 11:45	BODYPUMP®	ACTIC Lamberget	Kristin Andersson
	27.May	12:15 - 13:30	CXWORX®	ACTIC Lamberget	Kristin Andersson
	27.May	14:00 - 15:45	BODYBALANCE®	ACTIC Lamberget	Kristin Andersson
JÖNKÖPING	19.May	13:00 - 14:45	BODYPUMP®	Nordic Wellness	Kristin Andersson
	19.May	15:00 - 16:45	BODYBALANCE®	Nordic Wellness	Kristin Andersson
GÖTEBORG	15.May	07:15 - 08:30	LES MILLS GRIT®	Nordic Wellness Ullevi	Karin Björneloo
	18.May	06:45 - 08:30	BODYPUMP®	Nordic Wellness Backaplan	Sandra Börjesson
	19.May	09:00 - 10:45	BODYATTACK®	Nordic Wellness Lindholmen	Mathilda Björck
	19.May	11:15 - 13:00	BODYPUMP®	Nordic Wellness Lindholmen	Mathilda Björck
	19.May	13:15 - 15:00	BODYSTEP®	Nordic Wellness Lindholmen	Lydia Johansson
	19.May	15:30 - 16:45	CXWORX®	Nordic Wellness Lindholmen	Lydia Johansson
	19.May	11:45 - 13:30	BODYBALANCE®	Fysiken Gibraltargatan	Hanna Lundh
	19.May	12:00 - 13:15	LES MILLS SPRINT™	Fysiken Gibraltargatan	Jim Berg
	19.May	13:45 - 15:30	BODYCOMBAT®	Fysiken Gibraltargatan	Hanna Lundh
	19.May	13:45 - 15:15	RPM®	Fysiken Gibraltargatan	Jim Berg
	20.May	10:00 - 11:30	RPM®	Nordic Wellness Stigs Center	Jimmy Liew
	20.May	12:00 - 13:15	LES MILLS SPRINT™	Nordic Wellness Stigs Center	Jimmy Liew
	20.May	13:30 - 15:15	BODYPUMP®	Nordic Wellness Stigs Center	Ida Sarström
	20.May	15:45 - 17:00	LES MILLS GRIT®	Nordic Wellness Stigs Center	Ida Sarström
	20.May	11:00 - 12:45	BODYBALANCE®	STC Backa	Theresa Eliasson
	20.May	13:15 - 15:00	BODYPUMP®	STC Backa	Maria Carmen Øyhovden
	20.May	15:30 - 17:00	LES MILLS TONE®	STC Backa	Maria Carmen Øyhovden
	25.May	07:00 - 08:15	CXWORX®	Nordic Wellness Backaplan	Karin Björneloo
	26.May	10:00 - 11:45	BODYPUMP®	STC Backa	Olivia Lundkvist
	26.May	12:15 - 13:45	RPM®	STC Backa	Olivia Lundkvist
	26.May	14:00 - 15:15	LES MILLS SPRINT™	STC Backa	Jimmy Liew
	26.May	15:30 - 16:45	LES MILLS GRIT®	STC Backa	Emelie Orosz
	26.May	11:30 - 12:45	CXWORX®	Fysiken Gibraltargatan	Anna-Karin Wikström
	26.May	13:00 - 14:45	BODYCOMBAT®	Fysiken Gibraltargatan	Elin Atlebond
	26.May	15:00 - 16:45	BODYBALANCE®	Fysiken Gibraltargatan	Elin Atlebond

	27.May	09:00 - 10:45	BODYPUMP®	Nordic Wellness Lindholmen	Charlotte Carlén
	27.May	11:15 - 12:45	SH'BAM®	Nordic Wellness Lindholmen	Charlotte Carlén
	27.May	13:00 - 14:45	BODYJAM®	Nordic Wellness Lindholmen	Dorotka Baburin
	27.May	15:30 - 16:00	LES MILLS BARRE™	Nordic Wellness Lindholmen	Dorotka Baburin
	27.May	09:00 - 10:45	BODYBALANCE®	STC Backa	Hanna Lundh
	27.May	11:00 - 12:15	LES MILLS GRIT®	STC Backa	Hanna Lundh
	27.May	12:30 - 14:15	BODYATTACK®	STC Backa	Julia Pohjanen
	27.May	14:45 - 16:00	CXWORX®	STC Backa	Julia Pohjanen
	13.May	14:30 - 16:15	THE TRIP®	Malkars Kvarnholmen	Emmy Örn
KALMAR					
	19.May	11:15 - 13:00	BODYCOMBAT®	Filborna Arena	Daniel Isaksson
HELSINGBORG	19.May	13:15 - 15:00	BODYPUMP®	Filborna Arena	Elin Atlebond
	19.May	15:15 - 17:00	BODYBALANCE®	Filborna Arena	Elin Atlebond
	19.May	12:45 - 14:30	BODYCOMBAT®	Kockum Fritid	Cristine Skogastierna
MALMÖ	19.May	15:00 - 16:45	BODYPUMP®	Kockum Fritid	Cristine Skogastierna
	19.May	10:15 - 11:45	RPM®	Nordic Wellness Emporia	Ida Sarström
	19.May	12:15 - 13:30	LES MILLS SPRINT™	Nordic Wellness Emporia	Ida Sarström
	19.May	12:45 - 14:00	BODYJAM®	SATS Entré	Kimmo Jukuri
	19.May	14:30 - 16:00	SH'BAM®	SATS Entré	Kimmo Jukuri
	20.May	13:00 - 14:45	BODYCOMBAT®	SATS Entré	Hanna Lundh
	20.May	15:00 - 16:45	BODYBALANCE®	SATS Entré	Hanna Lundh
	20.May	11:15 - 13:00	BODYATTACK®	Kockum Fritid	Mathilda Björck
	20.May	12:15 - 13:30	LES MILLS GRIT®	Kockum Fritid	Michael Steenhouwer
	20.May	13:30 - 15:15	BODYPUMP®	Kockum Fritid	Mathilda Björck
	20.May	15:30 - 16:45	CXWORX®	Kockum Fritid	Michael Steenhouwer
	20.May	18:00 - 18:30	LES MILLS BARRE™	Kockum Fritid	Naja Lindgren
	26.May	09:30 - 11:00	LES MILLS TONE®	Kockum Fritid	Tor Andersen
	26.May	11:15 - 13:00	BODYBALANCE®	Kockum Fritid	Tor Andersen
	26.May	13:15 - 15:00	BODYPUMP®	Kockum Fritid	Mikkel Hjorth
	26.May	15:30 - 16:45	CXWORX®	Kockum Fritid	Karin Björneloo
	26.May	12:30 - 14:15	BODYSTEP®	Nordic Wellness Emporia	Pernilla Andersson
	26.May	14:45 - 16:30	BODYATTACK®	Nordic Wellness Emporia	Pernilla Andersson
	27.May	12:45 - 14:30	BODYCOMBAT®	SATS Entré	Daniel Isaksson
	27.May	14:45 - 16:30	BODYPUMP®	SATS Entré	Karin Björneloo
	27.May	17:00 - 18:15	LES MILLS GRIT®	SATS Entré	Karin Björneloo
	27.May	13:45 - 15:15	RPM®	Nordic Wellness Emporia	Jimmy Liew
	27.May	16:30 - 17:45	LES MILLS SPRINT™	Nordic Wellness Emporia	Jimmy Liew
	27.May	18:00 - 19:15	CXWORX®	Nordic Wellness Emporia	Andy Valencia