

City	Date	Time	Program	Location	Trainer
WEBINARS	10.Sep	20:00 - 20:45	BODYBALANCE®	Online - Finnish	Arja Vanhanen
	10.Sep	21:00 - 21:45	LES MILLS SPRINT™	Online - English	Jim Berg
	11.Sep	20:00 - 20:45	BODYPUMP®	Online - Finnish	Susanna Varsanpää
	11.Sep	21:00 - 21:45	BODYATTACK®	Online - Swedish	Mathilda Björck
	12.Sep	20:00 - 20:45	BODYSTEP®	Online - Finnish	Susanna Varsanpää
	12.Sep	21:00 - 21:45	BODYPUMP®	Online - English	Michael Steenhouwer
	13.Sep	20:00 - 20:45	SH'BAM®	Online - English	Janni Lindgren
	13.Sep	21:00 - 21:45	BODYJAM®	Online - English	Janni Lindgren
	17.Sep	20:00 - 20:45	BODYBALANCE®	Online - English	Tor Andersen
	17.Sep	21:00 - 21:45	LES MILLS TONE™	Online - English	Kristin Andersson
	18.Sep	20:00 - 20:45	CXWORX®	Online - Swedish	Elin Hellström
	18.Sep	21:00 - 21:45	BODYBALANCE®	Online - Swedish	Kristin Andersson
	19.Sep	20:00 - 20:45	CXWORX®	Online - Finnish	Eerika Bui
	19.Sep	21:00 - 21:45	BODYSTEP®	Online - English	Tor Andersen
	20.Sep	20:00 - 20:45	RPM®	Online - English	Eerika Bui
	20.Sep	21:00 - 21:45	BODYCOMBAT®	Online - English	Hanna Lundh
	23.Sep	20:00 - 20:45	CXWORX®	Online - English	Elin Hellström
	23.Sep	21:00 - 21:45	LES MILLS GRIT®	Online - English	Elin Hellström
	24.Sep	20:00 - 20:45	LES MILLS BARRE™	Online - English	Janni Lindgren
	24.Sep	21:00 - 21:45	BODYATTACK®	Online - English	Mathilda Björck
	25.Sep	20:00 - 20:45	LES MILLS TONE™	Online - Swedish	Kristin Andersson
	25.Sep	21:00 - 21:45	BODYPUMP®	Online - Swedish	Michael Steenhouwer

Note: Specified times are in Central European Summer Time.

If you live outside of Sweden: Please email nordic@lesmills.com to book a webinar.

TALLINN	22-sep	09:00-10:45	BODYATTACK®	Audentes Fitness	Niko Viskari
	22-sep	11:00-12:45	BODYJAM®	Audentes Fitness	Janni Lindgren
	22-sep	13:00-14:45	BODYPUMP®	Audentes Fitness	Siim Kelner
	22-sep	15:00-16:15	LES MILLS GRIT®	Audentes Fitness	Siim Kelner
	23-sep	10:00-11:45	BODYBALANCE®	Audentes Fitness	Kersti Ojalill
	23-sep	12:00-13:45	BODYPUMP®	Audentes Fitness	Mika Kankainen
	23-sep	14:00-15:45	BODYCOMBAT®	Audentes Fitness	Mika Kankainen