

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

**Note:** Specified times are in Central European Summer Time.

**If you live outside of Sweden:** Please email [nordic@lesmills.com](mailto:nordic@lesmills.com) to book a webinar.

<b>PRAGUE</b>	15-sep	08:30-10:15	<b>CXWORX®</b>	BBC Fitness Vinohradska	Sylvie Smrckova Milanova
	15-sep	10:30-11:45	<b>BODYBALANCE®</b>	BBC Fitness Vinohradska	Sylvie Smrckova Milanova
	15-sep	12:00-13:45	<b>BODYCOMBAT®</b>	BBC Fitness Vinohradska	Filip Kulstrunk
	15-sep	14:00-15:15	<b>LES MILLS GRIT®</b>	BBC Fitness Vinohradska	Filip Kulstrunk
	15-sep	15:30-17:15	<b>BODYATTACK®</b>	BBC Fitness Vinohradska	Veronika Benesova
	15-sep	17:30-19:15	<b>BODYPUMP®</b>	BBC Fitness Vinohradska	Filip Kulstrunk
<b>BRATISLAVA</b>	16-sep	12:00-13:45	<b>BODYPUMP®</b>	InPulse Národné Tenisové Centrum	Filip Kulstrunk
	16-sep	14:00-15:45	<b>BODYBALANCE®</b>	InPulse Národné Tenisové Centrum	Sylvie Smrckova Milanova