

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](mailto:nordic@lesmills.com) to book a webinar.

COPENHAGEN	14-sep	06:30-08:15	BODYFLOW®	Fitness dk Amager Strand	Tor Andersen
	15-sep	15:00-16:45	BODYFLOW®	Fitness dk København Ø	Tor Andersen
	15-sep	17:00-18:45	LES MILLS TONE™	Fitness dk København Ø	Tor Andersen
	16-sep	12:15-14:00	BODYPUMP®	Fitness dk Valby	Kenneth Mose
	16-sep	12:30-14:15	BODYCOMBAT®	Fitness dk København Ø	Andy Valencia
	16-sep	14:30-15:45	CXWORX®	Fitness dk København Ø	Andy Valencia
	16-sep	10:00-11:30	LES MILLS GRIT®	Fitness dk Valby	Paya Johansen
	16-sep	11:45-13:15	LES MILLS SPRINT™	Fitness dk Valby	Paya Johansen
	21-sep	17:00-18:45	BODYPUMP®	Fitness dk Amager Strand	Mikkel Hjort
	22-sep	11:30-13:15	BODYPUMP®	Fitness dk Amager Strand	Mikkel Hjort
	22-sep	13:30-15:15	BODYCOMBAT®	Fitness dk Amager Strand	Mikkel Hjort
	22-sep	15:30-17:15	RPM®	Fitness dk Amager Strand	Ditte Sommer Weinreich
	23-sep	13:00-14:45	BODYATTACK®	Fitness dk BLOX	Ditte Sommer Weinreich
	23-sep	15:00-16:45	BODYSTEP®	Fitness dk BLOX	Ditte Sommer Weinreich
	23-sep	13:00-14:30	SH'BAM®	Fitness dk Parken	Naja Lindberg
	23-sep	14:45-16:30	BODYJAM®	Fitness dk Parken	Lise-Lotte Herlung
	NYKØPING FALSTER	15-sep	10:30-12:15	BODYPUMP®	La'tiff
15-sep		12:30-14:15	BODYFLOW®	La'tiff	Kenneth Mose
ÅRHUS	15-sep	14:00-15:45	BODYPUMP®	Fitness dk Århus C Frisko	Mikkel Hjort
	15-sep	16:00-17:45	BODYCOMBAT®	Fitness dk Århus C Frisko	Mikkel Hjort
	15-sep	12:30-14:15	BODYFLOW®	Fitness dk Riskov	Paya Johansen
	15-sep	14:30-16:15	CXWORX®	Fitness dk Riskov	Paya Johansen
"OPEN MASTERCLASS"	22-sep	14:00-15:45	SH'BAM®	Fitness dk Århus C Frisko	Naja Lindberg
"OPEN MASTERCLASS"	22-sep	16:00-16:30	LES MILLS BARRE™	Fitness dk Århus C Frisko	Naja Lindberg