

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 in Finland:** Choose "HELSINKI" as city on the Events page to book Finish webinars.

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

VANTAA	14-sep	17:00-18:45	BODYPUMP®	Fitness24Seven Tikkurila	Niko Viskari
	14-sep	19:00-20:45	BODYATTACK®	Fitness24Seven Tikkurila	Niko Viskari
HELSINKI	14-sep	08:15-10:00	LES MILLS TONE™	Esport Bristol	Arja Vanhanen
	15-sep	08:15-09:30	LES MILLS GRIT®	Esport Bristol	Mika Kankainen
	15-sep	08:30-10:15	BODYBALANCE®	Esport Bristol	Arja Vanhanen
	15-sep	12:15-14:00	BODYCOMBAT®	Esport Bristol	Guilherme Reis
	15-sep	14:15-15:30	CXWORX®	Esport Bristol	Eerika Bui
	15-sep	15:45-17:30	BODYPUMP®	Esport Bristol	Mika Kankainen
	15-sep	17:45-19:30	BODYSTEP®	Esport Bristol	Susanna Varsanpää
	19-sep	18:00-19:30	SH'BAM®	Easyfit Herttoniemi	Tia Tynkkynen
	22-sep	10:15-12:00	BODYCOMBAT®	Forever Herttoniemi	Pia Niemi
	22-sep	12:15-14:00	BODYJAM®	Forever Herttoniemi	Kimmo Jukuri
	22-sep	12:15-14:00	RPM®	Forever Herttoniemi	Eerika Bui
	22-sep	14:15-15:45	SH'BAM®	Forever Herttoniemi	Tia Tynkkynen
	22-sep	14:15-15:30	LES MILLS SPRINT™	Forever Herttoniemi	Pia Niemi
	22-sep	16:00-17:45	BODYPUMP®	Forever Herttoniemi	Kimmo Jukuri
	22-sep	18:00-19:45	BODYATTACK®	Forever Herttoniemi	Kira Tiivola
OULU	16-sep	09:00-10:45	BODYBALANCE®	Liikuntakeskus Hukka	Arja Vanhanen
	16-sep	11:00-12:15	CXWORX®	Liikuntakeskus Hukka	Arja Vanhanen
	16-sep	12:30-14:00	SH'BAM®	Liikuntakeskus Hukka	Tia Tynkkynen
	16-sep	12:30-14:15	BODYCOMBAT®	Liikuntakeskus Hukka	Mika Kankainen
	16-sep	14:15-16:00	BODYATTACK®	Liikuntakeskus Hukka	Niko Viskari
	16-sep	16:15-18:00	BODYPUMP®	Liikuntakeskus Hukka	Niko Viskari
JYVÄSKYLÄ	22-sep	09:00-10:15	LES MILLS GRIT®	Kuntomailma Torikeskus	Jarno Tynkkynen
	22-sep	10:30-12:15	BODYCOMBAT®	Kuntomailma Torikeskus	Guilherme Reis
	22-sep	12:30-14:15	BODYSTEP®	Kuntomailma Torikeskus	Jarno Tynkkynen
	22-sep	14:30-16:15	BODYPUMP®	Kuntomailma Torikeskus	Jarno Tynkkynen
	22-sep	16:30-18:15	BODYBALANCE®	Kuntomailma Torikeskus	Arja Vanhanen

<b>TURKU</b>	16-sep	08:00-09:45	<b>BODYATTACK®</b>	Fitness24Seven Turku Port Arthur	Kira Tiivola
	16-sep	10:00-11:45	<b>BODYPUMP®</b>	Fitness24Seven Turku Port Arthur	Jarno Tynkkynen
	16-sep	12:00-13:45	<b>BODYCOMBAT®</b>	Fitness24Seven Turku Port Arthur	Eerika Bui
	16-sep	14:00-15:45	<b>BODYBALANCE®</b>	Fitness24Seven Turku Port Arthur	Jarno Tynkkynen
	16-sep	16:00-17:15	<b>CXWORX®</b>	Fitness24Seven Turku Port Arthur	Eerika Bui
	16-sep	17:30-19:15	<b>RPM®</b>	Fitness24Seven Turku Port Arthur	Eerika Bui
<b>TAMPERE</b>	14-sep	17:00-18:45	<b>BODYPUMP®</b>	Gogo City	Mika Kankainen
	14-sep	19:00-20:45	<b>BODYCOMBAT®</b>	Gogo City	Mika Kankainen
	23-sep	08:30-10:15	<b>BODYBALANCE®</b>	GoGo City	Arja Vanhanen
	23-sep	10:30-12:15	<b>BODYPUMP®</b>	GoGo City	Pia Niemi
	23-sep	12:30-14:15	<b>LES MILLS TONE®</b>	GoGo City	Arja Vanhanen
	23-sep	14:30-16:15	<b>BODYCOMBAT®</b>	GoGo City	Pia Niemi
	23-sep	16:30-18:00	<b>SH'BAM®</b>	GoGo Park	Janni Lindgren
	23-sep	18:15-20:00	<b>BODYJAM®</b>	GoGo Park	Janni Lindgren
<b>VAASA</b>	15-sep	10:30-12:15	<b>BODYCOMBAT®</b>	Wasa Sports Club	Pia Niemi
	15-sep	12:30-14:15	<b>BODYPUMP®</b>	Wasa Sports Club	Pia Niemi
<b>KOUVOLA</b>	22-sep	09:00-10:45	<b>BODYPUMP®</b>	Power Gym	Mika Kankainen
	22-sep	11:00-12:45	<b>BODYCOMBAT®</b>	Power Gym	Mika Kankainen