

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.

OSLO	15-sep	10:05-11:50	BODYJAM®	SATS Spektrum	Lise-Lotte Herlung
	15-sep	12:00-13:30	SH'BAM®	SATS Spektrum	Ragnhild Lien
	15-sep	13:45-15:30	BODYBALANCE®	SATS Spektrum	Ragnhild Lien
	15-sep	15:45-17:00	CXWORX®	SATS Spektrum	Sander Johansen
	16-sep	13:30-15:15	BODYPUMP®	SATS Bislett	Maria Carmen Øyhovden
	16-sep	15:45-17:30	LES MILLS TONE™	SATS Bislett	Maria Carmen Øyhovden
	21-sep	06:30-08:15	BODYPUMP®	SATS Spektrum	Maria Carmen Øyhovden
	21-sep	17:00-18:45	BODYBALANCE®	SATS Spektrum	Ragnhild Lien
	22-sep	12:00-13:30	CXWORX®	SATS Kampen	Sander Johansen
	22-sep	13:45-15:30	BODYATTACK®	SATS Kampen	Sander Johansen
	22-sep	15:45-17:00	LES MILLS GRIT®	SATS Kampen	Jorge Scott Neyra
	23-sep	13:45-15:30	BODYCOMBAT®	SATS Kampen	Jorge Scott Neyra
	23-sep	12:45-14:00	LES MILLS SPRINT™	SATS Sagene	Sandra Knudsen
	23-sep	14:15-16:00	RPM®	SATS Sagene	Sandra Knudsen
	23-sep	13:00-14:45	BODYSTEP®	ELIXIA Carl Berner	Marthe Fyndal Havnås
	23-sep	15:15-17:00	BODYPUMP®	ELIXIA Carl Berner	Marthe Fyndal Havnås
ÅLESUND	15-sep	12:30-14:45	BODYPUMP®	Stamina Trening Moa	Marthe Fyndal Havnås
BERGEN	15-sep	12:00-13:45	BODYPUMP®	Aktiv365 Paradis	Sandra Knudsen
	15-sep	14:00-15:45	BODYBALANCE®	Aktiv365 Paradis	Theresa Eliasson
TRONDHEIM	16-sep	11:30-13:15	BODYPUMP®	3T Fossegrenda	Marthe Fyndal Havnås
STAVANGER	16-sep	10:00-11:45	BODYPUMP®	Arena Treningssenter Hinna	Jorge Scott Neyra
	16-sep	12:00-13:45	BODYBALANCE®	Arena Treningssenter Hinna	Ragnhild Lien
SANDEFJORD	22-sep	12:00-13:45	BODYPUMP®	Team Treningssenter	Marthe Fyndal Havnås

