

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.

POZNAN	16-sep	09:00- 10:15	LES MILLS GRIT®	Step One	Szymon Wesolowski
	16-sep	10:30-12:15	BODYPUMP®	Step One	Edyta Długa
	16-sep	12:30-14:15	BODYCOMBAT®	Step One	Szymon Wesolowski, Edyta Długa
	16-sep	14:15-16:00	BODYBALANCE®	Step One	Natalia Litwiniuk
	16-sep	16:00-17:45	BODYPUMP®	Step One	Szymon Wesolowski
	16-sep	18:00-19:30	SH'BAM®	Step One	Natalia Litwiniuk
WARSZAWA	16-sep	10:00-11:15	LES MILLS GRIT®	Total Fitness Białoleka	Paweł Jeziorek
	16-sep	11:30-13:15	BODYPUMP®	Total Fitness Białoleka	Justyna Szarawarska
	16-sep	13:30-14:45	CXWORX®	Total Fitness Białoleka	Paweł Jeziorek
	16-sep	15:00-16:45	BODYPUMP®	Total Fitness Białoleka	Paweł Jeziorek
SOSNOWIEC	23-sep	11:00-12:45	BODYPUMP®	Fabryka Formy	Edyta Długa
WARSZAWA	23-sep	10:00-11:45	BODYPUMP®	Fabryka Formy Rondo ONZ	Paweł Jeziorek
	23-sep	11:00-12:30	RPM®	Fabryka Formy Rondo ONZ	Eerika Bui
	23-sep	12:00-12:30	LES MILLS BARRE™ promo class	Fabryka Formy Rondo ONZ	Natalia Litwiniuk
	23-sep	12:45-14:00	LES MILLS SPRINT™	Fabryka Formy Rondo ONZ	Eerika Bui
	23-sep	12:45-14:00	CXWORX®	Fabryka Formy Rondo ONZ	Paweł Jeziorek
	23-sep	14:15-16:00	BODYCOMBAT®	Fabryka Formy Rondo ONZ	Eerika Bui
	23-sep	16:15-18:00	BODYPUMP®	Fabryka Formy Rondo ONZ	Paweł Jeziorek
	23-sep	18:15-20:00	BODYBALANCE®	Fabryka Formy Rondo ONZ	Natalia Litwiniuk
BUCHAREST	23-sep	13:30-15:15	BODYCOMBAT®	World Class Plaza	Szymon Wesolowski
	23-sep	15:45-17:15	BODYPUMP®	World Class Plaza	Szymon Wesolowski
	23-sep	17:30-18:45	CXWORX®	World Class Plaza	Szymon Wesolowski
	23-sep	19:00-20:15	LES MILLS GRIT®	World Class Plaza	Szymon Wesolowski