

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 in Sweden:** Choose "Stockholm" as city on the Events page to book Swedish and English webinars.

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

<b>STOCKHOLM</b>	11.Sep	06:45 - 08:30	<b>BODYBALANCE®</b>	SATS Stureplan	Kristin Andersson
	13.Sep	06:45 - 08:30	<b>BODYPUMP®</b>	SATS Stureplan	Elin Atlebond
	15.Sep	10:00 - 11:45	<b>BODYPUMP®</b>	Nordic Wellness Östermalm	Michael Steenhouwer
	15.Sep	12:15 - 13:30	<b>CXWORX®</b>	Nordic Wellness Östermalm	Michael Steenhouwer
	15.Sep	13:45 - 15:30	<b>BODYBALANCE®</b>	Nordic Wellness Östermalm	Anna-Karin Wikström
	15.Sep	11:00 - 12:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Lindhagen	Jimmy Liew
	15.Sep	12:45 - 14:15	<b>RPM®</b>	Nordic Wellness Lindhagen	Jimmy Liew
	15.Sep	14:30 - 15:45	<b>LES MILLS GRIT®</b>	Nordic Wellness Lindhagen	Karin Björneloo
	15.Sep	16:00 - 17:15	<b>CXWORX®</b>	Nordic Wellness Lindhagen	Karin Björneloo
	15.Sep	13:15 - 15:00	<b>BODYCOMBAT®</b>	SATS Stureplan	Cristine Skogastierna
	15.Sep	15:30 - 17:15	<b>BODYPUMP®</b>	SATS Stureplan	Cristine Skogastierna
	16.Sep	09:15 - 11:00	<b>BODYPUMP®</b>	Nordic Wellness Kungens Kurva	Mathilda Björck
	16.Sep	09:15 - 11:00	<b>BODYJAM®</b>	Nordic Wellness Kungens Kurva	Kimmo Jukuri
	16.Sep	11:15 - 13:00	<b>BODYATTACK®</b>	Nordic Wellness Kungens Kurva	Mathilda Björck
	16.Sep	11:15 - 12:45	<b>SH'BAM®</b>	Nordic Wellness Kungens Kurva	Kimmo Jukuri
	16.Sep	11:15 - 12:30	<b>LES MILLS SPRINT™</b>	Nordic Wellness Kungens Kurva	Adam Gripenblom
	16.Sep	13:00 - 14:30	<b>RPM®</b>	Nordic Wellness Kungens Kurva	Adam Gripenblom
	16.Sep	13:15 - 15:00	<b>BODYCOMBAT®</b>	Nordic Wellness Kungens Kurva	Marco Mazza Klemi
	16.Sep	13:30 - 15:15	<b>BODYSTEP®</b>	Nordic Wellness Kungens Kurva	Lydia Johansson
	16.Sep	15:30 - 16:45	<b>CXWORX®</b>	Nordic Wellness Kungens Kurva	Lydia Johansson
	16.Sep	16:45 - 18:30	<b>BODYBALANCE®</b>	Nordic Wellness Kungens Kurva	Anna-Karin Wikström

	16.Sep	17:00 - 18:15	<b>LES MILLS GRIT®</b>	Nordic Wellness Kungens Kurva	Michael Steenhouwer
<b>GOTHENBURG</b>	12.Sep	06:45 - 08:30	<b>BODYBALANCE®</b>	STC Backaplan	Theresa Eliasson
	12.Sep	19:00 - 20:30	<b>RPM®</b>	Nordic Wellness Domkyrkan	Jim Berg
	13.Sep	07:00 - 08:15	<b>LES MILLS SPRINT™</b>	STC Backaplan	Jimmy Liew
	15.Sep	09:00 - 10:45	<b>BODYPUMP®</b>	Nordic Wellness Stigs Center	Sandra Börjesson
	15.Sep	11:00 - 12:45	<b>BODYSTEP®</b>	Nordic Wellness Stigs Center	Julia Pohjanen
	15.Sep	13:15 - 14:30	<b>CXWORX®</b>	Nordic Wellness Stigs Center	Julia Pohjanen
	15.Sep	09:00 - 10:45	<b>BODYBALANCE®</b>	STC Backaplan	Hanna Lundh
	15.Sep	11:00 - 12:15	<b>LES MILLS GRIT®</b>	STC Backaplan	Hanna Lundh
	15.Sep	12:30 - 13:45	<b>LES MILLS SPRINT™</b>	STC Backaplan	Ida Sarström
	15.Sep	14:15 - 15:45	<b>RPM®</b>	STC Backaplan	Ida Sarström
	16.Sep	09:00 - 10:45	<b>BODYATTACK®</b>	Nordic Wellness Exclusive	Daniel Isaksson
	16.Sep	11:15 - 13:00	<b>BODYCOMBAT®</b>	Nordic Wellness Exclusive	Daniel Isaksson
	16.Sep	13:15 - 14:30	<b>LES MILLS GRIT®</b>	Nordic Wellness Exclusive	Martin Krook
	16.Sep	15:00 - 16:45	<b>BODYPUMP®</b>	Nordic Wellness Exclusive	Martin Krook
	16.Sep	13:30-15:15	<b>BODYPUMP®</b>	SATS Bislett	Maria Carmen Øyhovden
	16.Sep	15:45-17:30	<b>LES MILLS TONE™</b>	SATS Bislett	Maria Carmen Øyhovden
	<b>Note:</b> If you like to book cross country, please email <a href="mailto:nordic@lesmills.com">nordic@lesmills.com</a>				
	19.Sep	06:45 - 08:30	<b>BODYPUMP®</b>	Nordic Wellness Backaplan	Karin Björneloo
	21.Sep	07:00 - 08:15	<b>CXWORX®</b>	Nordic Wellness Exclusive	Karin Björneloo
	22.Sep	08:30 - 09:45	<b>CXWORX®</b>	STC Backaplan	Lydia Johansson
	22.Sep	10:15 - 12:00	<b>BODYATTACK®</b>	STC Backaplan	Lydia Johansson
	22.Sep	12:15 - 14:00	<b>BODYCOMBAT®</b>	STC Backaplan	Michael Steenhouwer
	22.Sep	14:30 - 16:15	<b>LES MILLS GRIT®</b>	STC Backaplan	Michael Steenhouwer
	22.Sep	12:15 - 13:45	<b>SH'BAM®</b>	Nordic Wellness Frölunda Torg	Dorotka Baburin
	22.Sep	14:00 - 15:45	<b>BODYJAM®</b>	Nordic Wellness Frölunda Torg	Dorotka Baburin
	23.Sep	09:00 - 10:30	<b>RPM®</b>	STC Backaplan	Jim Berg
	23.Sep	10:45 - 12:30	<b>BODYBALANCE®</b>	STC Backaplan	Anna-Karin Wikström
	23.Sep	11:00 - 12:15	<b>LES MILLS SPRINT™</b>	STC Backaplan	Jim Berg
	23.Sep	12:45 - 14:00	<b>CXWORX®</b>	STC Backaplan	Anna-Karin Wikström
	23.Sep	14:15 - 16:00	<b>BODYPUMP®</b>	STC Backaplan	Sandra Börjesson
<b>MALMÖ</b>	15.Sep	12:00 - 13:15	<b>LES MILLS GRIT®</b>	SATS Entré	Emelie Orosz
	15.Sep	13:30 - 15:15	<b>BODYPUMP®</b>	SATS Entré	Elin Atlebond
	15.Sep	15:45 - 17:30	<b>BODYBALANCE®</b>	SATS Entré	Elin Atlebond
	15.Sep	11:00 - 12:45	<b>BODYATTACK®</b>	Kockum Fritid	Daniel Isaksson
	15.Sep	13:00 - 14:45	<b>BODYJAM®</b>	Kockum Fritid	Kimmo Jukuri
	15.Sep	15:00 - 16:30	<b>SH'BAM®</b>	Kockum Fritid	Kimmo Jukuri
	15.Sep	15:00-16:45	<b>BODYFLOW®</b>	fitness dk København Ø	Tor Andersen
	15.Sep	17:00-18:45	<b>LES MILLS TONE™</b>	fitness dk København Ø	Tor Andersen
	<b>Note:</b> If you like to book cross country, please email <a href="mailto:nordic@lesmills.com">nordic@lesmills.com</a>				
	16.Sep	09:30 - 10:45	<b>CXWORX®</b>	Kockum Fritid	Julia Pohjanen
	16.Sep	11:00 - 12:45	<b>BODYSTEP®</b>	Kockum Fritid	Julia Pohjanen
	16.Sep	13:00 - 14:45	<b>BODYCOMBAT®</b>	Kockum Fritid	Hanna Lundh
	16.Sep	15:15 - 16:30	<b>LES MILLS GRIT®</b>	Kockum Fritid	Hanna Lundh

16.Sep	09:30 - 10:45	<b>LES MILLS SPRINT™</b>	Nordic Wellness Emporia	Ida Sarström
16.Sep	12:15 - 13:45	<b>RPM®</b>	Nordic Wellness Emporia	Ida Sarström
16.Sep	14:15 - 16:00	<b>BODYPUMP®</b>	Nordic Wellness Emporia	Ida Sarström
22.Sep	11:00 - 12:45	<b>BODYPUMP®</b>	SATS Mobilia	Martin Krook
22.Sep	13:15 - 14:30	<b>LES MILLS GRIT®</b>	SATS Mobilia	Martin Krook
22.Sep	10:15 - 11:45	<b>RPM®</b>	Nordic Wellness Emporia	Ditte Sommer Weinreich
22.Sep	12:00 - 13:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Emporia	Paya Johansen
22.Sep	13:30 - 14:45	<b>CXWORX®</b>	Nordic Wellness Emporia	Kenneth Mose
22.Sep	15:15 - 17:00	<b>BODYBALANCE®</b>	Nordic Wellness Emporia	Kenneth Mose
23.Sep	12:30 - 14:15	<b>BODYPUMP®</b>	Kockum Fritid	Kenneth Mose
23.Sep	14:45 - 16:15	<b>CXWORX®</b>	Kockum Fritid	Kenneth Mose
23.Sep	13:00 - 14:45	<b>BODYCOMBAT®</b>	SATS Entré	Hanna Lundh
23.Sep	15:15 - 17:00	<b>BODYBALANCE®</b>	SATS Entré	Hanna Lundh