

Contact: Les Mills Nordic - Instructor Experience Team | nordic@lesmills.com | +46-8-556-096-90

SWEDEN			DENMARK			NORWAY			ADVANCED INSTRUCTOR MODULE			
DATE	PROGRAM	CITY	DATE	PROGRAM	CITY	DATE	PROGRAM	CITY	DATE	PROGRAM	CITY	COUNTRY
SEPTEMBER			SEPTEMBER			SEPTEMBER			SEPTEMBER			
22-23 SEP	LES MILLS BARRE™	Stockholm	22-23 SEP	BODYFLOW®	Aarhus	22-23 SEP	LES MILLS TONE™	Oslo	21-23 SEP	BODYATTACK®	Gothenburg	Sweden
22-23 SEP	BODYPUMP®	Gothenburg	29-30 SEP	LES MILLS BARRE™	Aarhus	29-30 SEP	BODYATTACK®	Oslo	28-30 SEP	BODYJAM®	Stockholm	Sweden
22-23 SEP	RPM®	Gothenburg	OCTOBER			29-30 SEP	LES MILLS GRIT®	Oslo	28-30 SEP	BODYATTACK®	Helsinki	Finland
29-30 SEP	CXWORX®	Gothenburg	06-07 OCT	BODYJAM®	Copenhagen	OCTOBER			29-30 SEP	BODYPUMP®	Copenhagen	Denmark
29-30 SEP	BODYCOMBAT®	Stockholm	13-14 OCT	BODYPUMP®	Copenhagen	06-07 OCT	BODYSTEP®	Ålesund	OCTOBER			
29-30 SEP	BODYPUMP®	Stockholm	20-21 OCT	BODYATTACK®	Horsens	13-14 OCT	BODYPUMP®	Oslo	05-07 OCT	LES MILLS GRIT®	Stockholm	Sweden
29-30 SEP	BODYATTACK®	Stockholm	27-28 OCT	BODYCOMBAT®	Aarhus	20-21 OCT	CXWORX®	Oslo	05-07 OCT	BODYSTEP®	Gothenburg	Sweden
29-30 SEP	LES MILLS SPRINT™	Gothenburg	NOVEMBER			NOVEMBER			06-07 OCT	BODYPUMP®	Oslo	Norway
OCTOBER			03-04 NOV	LES MILLS GRIT®	Copenhagen	03-04 NOV	LES MILLS BARRE™	Oslo	06-07 OCT	BODYPUMP®	Prague	Czech
06-07 OCT	BODYBALANCE®	Gothenburg	10-11 NOV	BODYFLOW®	Copenhagen	NOVEMBER			12-14 OCT	SH'BAM®	Stockholm	Sweden
13-14 OCT	LES MILLS GRIT®	Stockholm	10-11 NOV	BODYSTEP®	Horsens	DECEMBER			19-21 OCT	BODYCOMBAT®	Gothenburg	Sweden
13-14 OCT	LES MILLS TONE™	Stockholm	17-18 NOV	LES MILLS SPRINT™	Copenhagen	15-16 DEC	BODYPUMP®	Oslo	19-21 OCT	LES MILLS GRIT®	Warszawa	Poland
20-21 OCT	LES MILLS SPRINT™	Stockholm	DECEMBER			15-16 DEC	BODYATTACK®	Oslo	26-28 OCT	CXWORX®	Gothenburg	Sweden
20-21 OCT	BODYPUMP®	Stockholm	15-16 DEC	BODYCOMBAT®	Copenhagen	NOVEMBER			26-28 OCT	BODYCOMBAT®	Prague	Czech
27-28 OCT	BODYATTACK®	Gothenburg	15-16 DEC	BODYPUMP®	Aarhus	02-04 NOV	BODYBALANCE®	Stockholm	Sweden			
NOVEMBER			15-16 DEC	BODYATTACK®	Copenhagen	02-04 NOV	RPM®	Gothenburg	Sweden			
03-04 NOV	CXWORX®	Stockholm				03-04 NOV	BODYJAM®	Helsinki	Finland			
03-04 NOV	RPM®	Stockholm				10-11 NOV	BODYSTEP®	Stockholm	Norway			
03-04 NOV	BODYJAM®	Stockholm				10-11 NOV	LES MILLS TONE™	Gothenburg	Finland			
10-11 NOV	BODYSTEP®	Stockholm				10-11 NOV	BODYPUMP®	Stockholm	Poland			
10-11 NOV	LES MILLS TONE™	Gothenburg				17-18 NOV	LES MILLS BARRE™	Gothenburg	Norway			
10-11 NOV	BODYPUMP®	Stockholm				17-18 NOV	SH'BAM®	Stockholm	Poland			
17-18 NOV	LES MILLS BARRE™	Gothenburg				17-18 NOV	LES MILLS SPRINT™	Umeå	Sweden			
17-18 NOV	SH'BAM®	Stockholm				DECEMBER			16-17 DEC	BODYCOMBAT®	Warszawa	Poland
17-18 NOV	LES MILLS SPRINT™	Umeå							16-17 DEC	BODYPUMP®	Helsinki	Finland
DECEMBER									DECEMBER			
15-16 DEC	BORN TO MOVE®	Stockholm							16-17 DEC	BODYCOMBAT®	Warszawa	Poland
15-16 DEC	BODYPUMP®	Gothenburg							16-17 DEC	BODYPUMP®	Helsinki	Finland
15-16 DEC	BODYCOMBAT®	Gothenburg										
15-16 DEC	LES MILLS GRIT®	Gothenburg										
15-16 DEC	BODYBALANCE®	Stockholm										
15-16 DEC	RPM®	Stockholm										