

**FINLAND**

**ESTONIA - BALTICS**

**ADVANCED INSTRUCTOR MODULE**

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY	DATE	PROGRAM	CITY	COUNTRY
<b>SEPTEMBER</b>			<b>SEPTEMBER</b>			<b>SEPTEMBER</b>			
29-30 SEP	BODYCOMBAT®	Helsinki	29-30 SEP	BODYATTACK®	Tallinn	21-23 SEP	BODYATTACK®	Gothenburg	Sweden
29-30 SEP	LES MILLS BARRE™	Helsinki	29-30 SEP	BODYBALANCE®	Tallinn	28-30 SEP	BODYJAM®	Stockholm	Sweden
29-30 SEP	SH'BAM®	Helsinki				28-30 SEP	BODYATTACK®	Helsinki	Finland
29-30 SEP	LES MILLS GRIT®	Helsinki	<b>OCTOBER</b>			29-30 SEP	BODYPUMP®	Copenhagen	Denmark
<b>OCTOBER</b>			06-07 OCT	BODYCOMBAT®	Tallinn	<b>OCTOBER</b>			
06-07 OCT	LES MILLS SPRINT™	Helsinki				05-07 OCT	LES MILLS GRIT®	Stockholm	Sweden
13-14 OCT	CXWORX®	Helsinki				05-07 OCT	BODYSTEP®	Gothenburg	Sweden
13-14 OCT	BODYPUMP®	Helsinki				06-07 OCT	BODYPUMP®	Prague	Czech
<b>NOVEMBER</b>						12-14 OCT	SH'BAM®	Stockholm	Sweden
03-04 NOV	RPM®	Helsinki				19-21 OCT	BODYCOMBAT®	Gothenburg	Sweden
17-18 NOV	BODYJAM®	Helsinki				19-21 OCT	BODYFLOW®	Copenhagen	Denmark
17-18 NOV	BODYSTEP®	Helsinki				19-21 OCT	LES MILLS GRIT®	Warszawa	Poland
17-18 NOV	BODYBALANCE®	Helsinki				26-28 OCT	CXWORX®	Gothenburg	Sweden
<b>DECEMBER</b>						26-28 OCT	BODYCOMBAT®	Prague	Czech
15-16 DEC	BODYPUMP®	Helsinki				<b>NOVEMBER</b>			
15-16 DEC	BODYATTACK®	Helsinki				02-04 NOV	BODYBALANCE®	Stockholm	Sweden
15-16 DEC	LES MILLS BARRE™	Helsinki				02-04 NOV	RPM®	Gothenburg	Sweden
						02-04 NOV	BODYJAM®	Helsinki	Finland
						06-07 NOV	BODYPUMP®	Oslo	Norway
						09-11 NOV	BODYBALANCE®	Helsinki	Finland
						10-11 NOV	BODYPUMP®	Warszawa	Poland
						16-18 NOV	BODYATTACK®	Oslo	Norway
						16-18 NOV	BODYBALANCE®	Warszawa	Poland
						17-18 NOV	BODYPUMP®	Stockholm	Sweden
						<b>DECEMBER</b>			
						16-17 DEC	BODYCOMBAT®	Warszawa	Poland
						16-17 DEC	BODYPUMP®	Helsinki	Finland