



# INITIAL TRAINING

2018-2019

SWEDEN | NORWAY | DENMARK | FINLAND | ESTONIA | POLAND | ROMANIA | CZECH | SLOVAKIA

**LesMILLS**



## **SPECIAL CLUB OFFER - SEND FIVE PAY FOR TWO**

Take on RPM® or/and LES MILLS SPRINT™ at your club and send five instructors for the price of two\*) on Initial training. This offer applies as well for current clubs that offer Les Mills cycling programs should you need to expand your team.

***\*) Book any Initial training up to March 2019 prior 31:st of December 2018 - Contact us at [nordic@lesmills.com](mailto:nordic@lesmills.com)***

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**SWEDEN**

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>DECEMBER</b>			<b>MARCH</b>		
15-16 DEC	<b>BORN TO MOVE®</b>	Stockholm	16-17 MAR	<b>CXWORX®</b>	Stockholm
15-16 DEC	<b>BODYPUMP®</b>	Gothenburg	16-17 MAR	<b>BODYATTACK®</b>	Gothenburg
15-16 DEC	<b>BODYCOMBAT®</b>	Gothenburg	16-17 MAR	<b>BODYPUMP®</b>	Sundsvall
15-16 DEC	<b>LES MILLS GRIT®</b>	Gothenburg	23-24 MAR	<b>BODYPUMP®</b>	Stockholm
15-16 DEC	<b>BODYBALANCE®</b>	Stockholm	23-24 MAR	<b>LES MILLS TONE™</b>	Gothenburg
15-16 DEC	<b>RPM®</b>	Stockholm	30-31 MAR	<b>LES MILLS SPRINT™</b>	Gothenburg
			30-31 MAR	<b>LES MILLS BARRE™</b>	Gothenburg
<b>JANUARY</b>			<b>APRIL</b>		
05-06 JAN	<b>LES MILLS SPRINT™</b>	Stockholm	06-07 APR	<b>BODYBALANCE®</b>	Stockholm
05-06 JAN	<b>BODYATTACK®</b>	Stockholm	06-07 APR	<b>LES MILLS GRIT®</b>	Gothenburg
12-13 JAN	<b>CXWORX®</b>	Gothenburg	13-14 APR	<b>BODYPUMP®</b>	Gothenburg
12-13 JAN	<b>LES MILLS BARRE™</b>	Stockholm	13-14 APR	<b>BODYJAM®</b>	Stockholm
19-20 JAN	<b>BODYPUMP®</b>	Stockholm	13-14 APR	<b>CXWORX®</b>	Luleå
19-20 JAN	<b>BODYJAM®</b>	Gothenburg	27-28 APR	<b>RPM®</b>	Stockholm
26-27 JAN	<b>LES MILLS TONE™</b>	Stockholm	27-28 APR	<b>BODYSTEP®</b>	Stockholm
			27-28 APR	<b>BODYCOMBAT®</b>	Gothenburg
<b>FEBRUARY</b>			<b>MAY</b>		
02-03 FEB	<b>LES MILLS GRIT®</b>	Stockholm	04-05 MAY	<b>CXWORX®</b>	Gothenburg
02-03 FEB	<b>BODYBALANCE®</b>	Gothenburg	04-05 MAY	<b>SH'BAM®</b>	Stockholm
09-10 FEB	<b>RPM®</b>	Gothenburg	11-12 MAY	<b>BODYATTACK®</b>	Stockholm
09-10 FEB	<b>SH'BAM®</b>	Gothenburg	11-12 MAY	<b>BORN TO MOVE®</b>	Gothenburg
09-10 FEB	<b>BODYCOMBAT®</b>	Stockholm			
16-17 FEB	<b>BODYPUMP®</b>	Gothenburg			
16-17 FEB	<b>BODYSTEP®</b>	Gothenburg			
16-17 FEB	<b>BODYBALANCE®</b>	Umeå			

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**SWEDEN**

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>JUNE</b>					
08-09 JUN	<b>LES MILLS SPRINT™</b>	Stockholm			
08-09 JUN	<b>BODYPUMP®</b>	Stockholm			
15-16 JUN	<b>BODYBALANCE®</b>	Gothenburg			
15-16 JUN	<b>LES MILLS TONE™</b>	Stockholm			
29-30 JUN	<b>LES MILLS GRIT®</b>	Stockholm			
29-30 JUN	<b>LES MILLS BARRE™</b>	Stockholm			
<b>JULY</b>					
06-07 JUL	<b>CXWORX®</b>	Stockholm			
13-14 JUL	<b>BODYPUMP®</b>	Gothenburg			
13-14 JUL	<b>BODYCOMBAT®</b>	Stockholm			
20-21 JUL	<b>BODYATTACK®</b>	Gothenburg			
20-21 JUL	<b>BORN TO MOVE®</b>	Stockholm			



## DENMARK

## NORWAY

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>NOVEMBER</b>			<b>DECEMBER</b>		
03-04 NOV	<b>LES MILLS GRIT®</b>	Copenhagen	15-16 DEC	<b>BODYPUMP®</b>	Oslo
10-11 NOV	<b>BODYFLOW®</b>	Copenhagen	15-16 DEC	<b>BODYATTACK®</b>	Oslo
10-11 NOV	<b>BODYSTEP®</b>	Horsens	15-16 DEC	<b>BODYPUMP®</b>	Stavanger
17-18 NOV	<b>LES MILLS SPRINT™</b>	Copenhagen	15-16 DEC	<b>BODYBALANCE®</b>	Bodø
<b>DECEMBER</b>			<b>JANUARY</b>		
15-16 DEC	<b>BODYCOMBAT®</b>	Copenhagen	05-06 JAN	<b>RPM®</b>	Oslo
15-16 DEC	<b>BODYPUMP®</b>	Aarhus	12-13 JAN	<b>BODYCOMBAT®</b>	Oslo
15-16 DEC	<b>BODYATTACK®</b>	Copenhagen	26-27 JAN	<b>LES MILLS SPRINT™</b>	Oslo
<b>JANUARY</b>			<b>FEBRUARY</b>		
05-06 JAN	<b>CXWORX®</b>	Aarhus	02-03 NOV	<b>LES MILLS BARRE™</b>	Oslo
12-13 JAN	<b>RPM®</b>	Copenhagen	09-10 FEB	<b>LES MILLS TONE™</b>	Oslo
			16-17 FEB	<b>BODYBALANCE®</b>	Drammen
<b>FEBRUARY</b>					
02-03 FEB	<b>LES MILLS TONE™</b>	Copenhagen			
09-10 FEB	<b>BODYPUMP®</b>	Copenhagen			

**FINLAND**

**ESTONIA - BALTICS**

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>NOVEMBER</b>			<b>NOVEMBER</b>		
03-04 NOV	RPM®	Helsinki	17-18 NOV	BODYCOMBAT®	Tallinn
17-18 NOV	BODYJAM®	Helsinki			
17-18 NOV	BODYSTEP®	Helsinki	<b>DECEMBER</b>		
17-18 NOV	BODYBALANCE®	Helsinki	15-16 DEC	LES MILLS SPRINT™	Tallinn
			15-16 DEC	CXWORX®	Tallinn
<b>DECEMBER</b>			<b>JANUARY</b>		
15-16 DEC	BODYPUMP®	Helsinki	05-06 JAN	RPM®	Tallinn
15-16 DEC	BODYATTACK®	Helsinki	26-27 JAN	BODYJAM®	Tallinn
15-16 DEC	LES MILLS BARRE™	Helsinki			
15-16 DEC	LES MILLS SPRINT™	Helsinki			
<b>JANUARY</b>					
12-13 JAN	CXWORX®	Helsinki			
19-20 JAN	BODYPUMP®	Helsinki			
19-20 JAN	SH'BAM®	Helsinki			
26-27 JAN	LES MILLS GRIT®	Helsinki			
26-27 JAN	BODYBALANCE®	Helsinki			

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## POLAND & ROMANIA

## CZECH & SLOVAKIA

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>NOVEMBER</b>			<b>NOVEMBER</b>		
03-04 NOV	<b>BODYBALANCE®</b>	Warszawa	10-11 NOV	<b>LES MILLS GRIT®</b>	Prague
03-04 NOV	<b>BODYCOMBAT®</b>	Warszawa			
24-25 NOV	<b>BODYPUMP®</b>	Warszawa	<b>JANUARY</b>		
			12-13 JAN	<b>LES MILLS BARRE™</b>	Prague
			19-20 JAN	<b>BODYSTEP®</b>	Prague
<b>DECEMBER</b>			<b>FEBRUARY</b>		
02-01 DEC	<b>LES MILLS GRIT®</b>	Warszawa	09-10 FEB	<b>RPM®</b>	Prague
			16-17 FEB	<b>LES MILLS TONE™</b>	Prague
			<b>MARCH</b>		
			16-17 MAR	<b>BODYBALANCE®</b>	Prague
			23-24 MAR	<b>BODYPUMP®</b>	Prague
			<b>APRIL</b>		
			13-14 APR	<b>LES MILLS SPRINT™</b>	Prague
			20-21 APR	<b>BODYATTACK®</b>	Prague
			<b>MAY</b>		
			04-05 MAY	<b>CXWORX®</b>	Prague
			11-12 MAY	<b>BODYCOMBAT®</b>	Prague