

A close-up portrait of a woman with striking blue eyes, looking directly at the camera. She is wearing a white, textured garment. The background is a futuristic, blue-lit environment with glowing lines and structures, suggesting a high-tech or virtual space. The overall mood is intense and futuristic.

QUARTERLY TRAINING

NOV-DEC | 2018

SWEDEN | NORWAY | DENMARK | FINLAND | ESTONIA | POLAND | ROMANIA | CZECH | SLOVAKIA | [WEBINARS](#)

QUARTERLY WEBINARS | WEBINARS ARE SCHEDULED CENTRAL EUROPEAN TIME

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Location	Date	Time	Program	Language	Trainer	Note
ONLINE	02-dec	19:00 - 19:45	CXWORX®	Online - English	Elin Hellström	
	02-dec	20:00 - 20:45	BODYPUMP®	Online - Swedish	Michael Steenhouwer	
	03-dec	19:00 - 19:45	SH'BAM®	Online - English	Janni Lindgren	
	03-dec	20:00 - 20:45	BODYCOMBAT®	Online - Finnish	Eerika Bui	
	03-dec	21:00 - 21:45	RPM®	Online - English	Eerika Bui	
	04-dec	20:00 - 20:45	BODYBALANCE®	Online - Finnish	Arja Vanhanen	
	04-dec	21:00 - 21:45	BODYPUMP®	Online - English	Michael Steenhouwer	
	05-dec	19:00-19:45	LES MILLS GRIT®	Online - English	Elin Hellström	
	05-dec	20:00 - 20:45	BODYSTEP®	Online - English	Tor Andersen	
	05-dec	21:00 - 21:45	BODYBALANCE®	Online - English	Tor Andersen	
	06-dec	20:00 - 20:45	BODYBALANCE®	Online - Swedish	Kristin Andersson	
	06-dec	21:00 - 21:45	BODYPUMP®	Online - Swedish	Michael Steenhouwer	
	09-dec	20:00 - 20:45	BODYPUMP®	Online - Finnish	Susanna Varsanpää	
	09-dec	21:00 - 21:45	LES MILLS TONE™	Online - English	Kristin Andersson	
	10-dec	19:00 - 19:45	LES MILLS BARRE™	Online - English	Janni Lindgren	
	10-dec	20:00 - 20:45	BODYCOMBAT®	Online - English	Hanna Lundh	
	11-dec	20:00 - 20:45	BODYPUMP®	Online - English	Michael Steenhouwer	
	11-dec	21:00 - 21:45	CXWORX®	Online - Swedish	Elin Hellström	
	12-dec	20:00 - 20:45	LES MILLS SPRINT™	Online - English	Jim Berg	
	13-dec	20:00 - 20:45	BODYJAM®	Online - English	Janni Lindgren	
	13-dec	21:00 - 21:45	BODYATTACK®	Online - English	Mathilda Björck	

Note - If you want to book webinars that are cross-country, contact us at nordic@lesmills.com and we will help you out.

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City	Date	Time	Program	Location	Trainer	Note
LULEÅ	25-nov	11:00 - 12:45	BODYPUMP®	Mitt Livs Stil	Olivia Lundkvist	
	25-nov	13:15 - 14:45	RPM®	Mitt Livs Stil	Olivia Lundkvist	The RPM® Masterclass is open for Club members.
UMEÅ	01-dec	09:00 - 10:45	BODYPUMP®	IKSU Sport	Hanna Lennartsson	The Masterclasses are open for Club members.
	01-dec	11:00 - 12:15	CXWORX®	IKSU Sport	Hanna Lennartsson	for Club members.
SUNDSVALL	24-nov	11:00 - 12:45	BODYPUMP®	EGO Hälsostudio	Mathilda Björck	
STOCKHOLM	17-nov	12:00 - 13:45	THE TRIP®	SATS Stureplan	Adam Gripenblom	
	28-nov	07:00 - 08:15	CXWORX®	Nordic Wellness Lindhagen	Lydia Johansson	
	29-nov	06:45 - 08:30	BODYBALANCE®	SATS Zenit	Anna-Karin Wikström	
	01-dec	09:00 - 10:15	CXWORX®	KTH-hallen	Anna-Karin Wikström	
	01-dec	10:30 - 11:45	LES MILLS SPRINT™	KTH-hallen	Jimmy Liew	Open Masterclass
	01-dec	12:00 - 13:45	BODYCOMBAT®	KTH-hallen	Daniel Isaksson	
	01-dec	12:15 - 13:45	RPM®	KTH-hallen	Jimmy Liew	Open Masterclass
	01-dec	14:15 - 16:00	BODYATTACK®	KTH-hallen	Daniel Isaksson	
	01-dec	10:15 - 12:00	BODYBALANCE®	SATS Zenit	Lina Blomberg	
	01-dec	12:15 - 14:00	BODYPUMP®	SATS Zenit	Emelie Orosz	
	01-dec	14:30 - 15:45	LES MILLS GRIT®	SATS Zenit	Emelie Orosz	
	02-dec	10:45 - 12:30	BODYBALANCE®	SATS Stureplan	Lina Blomberg	
	02-dec	13:30 - 14:45	LES MILLS GRIT®	SATS Stureplan	Emelie Orosz	
	02-dec	15:15 - 17:00	BODYPUMP®	SATS Stureplan	Emelie Orosz	
	02-dec	09:00 - 10:30	RPM®	Nordic Wellness Östermalm	Adam Gripenblom	Open Masterclass
	02-dec	11:00 - 12:15	LES MILLS SPRINT™	Nordic Wellness Östermalm	Adam Gripenblom	Open Masterclass

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City	Date	Time	Program	Location	Trainer	Note
STOCKHOLM	02-dec	12:30 - 14:15	BODYPUMP®	Nordic Wellness Östermalm	Hanna Lennartsson	
	02-dec	14:45 - 16:00	CXWORX®	Nordic Wellness Östermalm	Hanna Lennartsson	
	04-dec	06:45 - 08:30	BODYPUMP®	SATS Stureplan	Michael Steenhouwer	
	08-dec	09:00 - 10:45	BODYSTEP®	KTH-hallen	Lydia Johansson	
	08-dec	11:15 - 12:30	CXWORX®	KTH-hallen	Lydia Johansson	
	08-dec	09:00 - 10:15	LES MILLS SPRINT™	Nordic Wellness Östermalm	Adam Gripenblom	Open Masterclass
	08-dec	11:30 - 13:00	RPM®	Nordic Wellness Östermalm	Olivia Lundkvist	Open Masterclass
	08-dec	13:30 - 15:15	BODYPUMP®	Nordic Wellness Östermalm	Olivia Lundkvist	
	08-dec	15:30 - 16:45	LES MILLS GRIT®	Nordic Wellness Östermalm	Michael Steenhouwer	
	09-dec	14:00 - 15:45	BODYJAM®	Nordic Wellness Lindhagen	Dorotka Baburin	
	09-dec	16:00 - 17:30	SH'BAM®	Nordic Wellness Lindhagen	Kimmo Jukuri	
	09-dec	18:00 - 19:45	BODYPUMP®	Nordic Wellness Lindhagen	Kimmo Jukuri	
	09-dec	10:15 - 12:00	BODYCOMBAT®	Nordic Wellness Östermalm	Marco Mazza Klemi	
	09-dec	12:15 - 13:30	LES MILLS GRIT®	Nordic Wellness Östermalm	Mathilda Björck	
	09-dec	14:00 - 15:45	BODYATTACK®	Nordic Wellness Östermalm	Mathilda Björck	
	09-dec	12:00 - 13:45	LES MILLS TONE™	KTH-hallen	Ragnhild Lien	
	09-dec	14:15 - 15:30	CXWORX®	KTH-hallen	Ragnhild Lien	
	09-dec	15:45 - 17:30	BODYBALANCE®	KTH-hallen	Ragnhild Lien	

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City	Date	Time	Program	Location	Trainer	Note
KARLSTAD	09-dec	13:00 - 14:45	BODYPUMP®	STC Karlstad Hammarö	Karin Björneloo	
	09-dec	15:15 - 16:30	CXWORX®	STC Karlstad Hammarö	Karin Björneloo	
	09-dec	17:00 - 18:15	LES MILLS GRIT®	STC Karlstad Hammarö	Karin Björneloo	
LINKÖPING	02-dec	11:00 - 12:45	BODYPUMP®	Campushallen	Michael Steenhouwer	
	02-dec	13:15 - 14:30	CXWORX®	Campushallen	Michael Steenhouwer	
GOTHENBURG	22-nov	06:45 - 08:30	BODYPUMP®	Nordic Wellness Backaplan	Sandra Börjesson	
	23-nov	07:00 - 08:15	LES MILLS GRIT®	Nordic Wellness Odinsgatan	Ida Sarström	
	24-nov	08:30 - 10:00	RPM®	Nordic Wellness Backaplan	Jim Berg	Open Masterclass
	24-nov	10:15 - 11:30	LES MILLS SPRINT™	Nordic Wellness Backaplan	Jim Berg	Open Masterclass
	24-nov	13:00 - 14:45	BODYATTACK®	Nordic Wellness Backaplan	Julia Pohjanen	
	24-nov	15:15 - 16:30	CXWORX®	Nordic Wellness Backaplan	Julia Pohjanen	
	24-nov	10:15 - 12:00	BODYCOMBAT®	STC Backaplan	Cristine Skogastierna	
	24-nov	12:30 - 14:15	BODYPUMP®	STC Backaplan	Cristine Skogastierna	
	25-nov	12:30 - 13:45	LES MILLS SPRINT™	STC Backaplan	Adam Gripenblom	Open Masterclass
	25-nov	13:00 - 14:45	BODYBALANCE®	STC Backaplan	Anna-Karin Wikström	
	25-nov	14:15 - 15:45	RPM®	STC Backaplan	Adam Gripenblom	Open Masterclass
	25-nov	15:45 - 17:00	CXWORX®	STC Backaplan	Anna-Karin Wikström	
	25-nov	11.00-12.45	BODYPUMP®	Nordic Wellness Lindholmen	Kimmo Jukuri	
25-nov	13.15.15.00	BODYJAM®	Nordic Wellness Lindholmen	Kimmo Jukuri		
25-nov	15.30-17.00	SH'BAM®	Nordic Wellness Lindholmen	Kimmo Jukuri		

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City	Date	Time	Program	Location	Trainer	Note
GOTHENBURG	01-dec	10:15 - 12:00	BODYBALANCE®	STC Backaplan	Theresa Eliasson	
	01-dec	12:15 - 14:00	BODYCOMBAT®	STC Backaplan	Cristine Skogastierna	
	01-dec	14:30 - 16:15	BODYPUMP®	STC Backaplan	Cristine Skogastierna	
	01-dec	10:30-11:45	LES MILLS GRIT®	Nordic Wellness Stigs Center	Karin Björneloo	
	01-dec	12:15-13:30	CXWORX®	Nordic Wellness Stigs Center	Karin Björneloo	
	02-dec	09:30 - 10:45	LES MILLS GRIT®	Nordic Wellness Odinsgatan	Ida Sarström	
	02-dec	11:15 - 12:30	LES MILLS SPRINT™	Nordic Wellness Odinsgatan	Ida Sarström	Open Masterclass
	02-dec	12:45 - 14:15	RPM®	Nordic Wellness Odinsgatan	Olivia Lundkvist	Open Masterclass
	02-dec	14:45 - 16:30	BODYPUMP®	Nordic Wellness Odinsgatan	Olivia Lundkvist	
	02-dec	12:30 - 14:15	LES MILLS TONE™	STC Backaplan	Kristin Andersson	
	02-dec	14:45 - 16:00	CXWORX®	STC Backaplan	Kristin Andersson	
	02-dec	16:15 - 18:00	BODYBALANCE®	STC Backaplan	Kristin Andersson	
	02-dec	10:15 - 12:00	BODYSTEP®	Nordic Wellness Majorna	Marthe Fyndal Havnås	
	02-dec	12:30 - 14:15	BODYATTACK®	Nordic Wellness Majorna	Marthe Fyndal Havnås	
KALMAR	18-nov	14:30 - 16:15	THE TRIP®	Malkars Kvarnholmen	Kristin Andersson & Adam Gripenblom	
HALMSTAD	24-nov	11:00 - 12:15	LES MILLS GRIT®	Nordic Wellness Halmstad City	Martin Krook	
	24-nov	12:45 - 14:30	BODYPUMP®	Nordic Wellness Halmstad City	Sandra Börjesson	
MALMÖ	01-dec	10:30 - 12:00	RPM®	Nordic Wellness Emporia	Ditte Sommer Weinreich	Open Masterclass
	01-dec	12:15 - 13:30	LES MILLS SPRINT™	Nordic Wellness Emporia	Ida Sarström	Open Masterclass
	01-dec	14:00 - 15:15	LES MILLS GRIT®	Nordic Wellness Emporia	Ida Sarström	
	01-dec	10:45 - 12:30	BODYBALANCE®	Kockum Fritid	Kenneth Mose	

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City	Date	Time	Program	Location	Trainer	Note
MALMÖ	01-dec	13:00 - 14:45	BODYPUMP®	Kockum Fritid	Kenneth Mose	
	01-dec	15:15 - 16:30	CXWORX®	Kockum Fritid	Kenneth Mose	
	02-dec	09:15 - 11:00	BODYCOMBAT®	Kockum Fritid	Daniel Isaksson	
	02-dec	11:30 - 13:15	BODYATTACK®	Kockum Fritid	Daniel Isaksson	
	02-dec	13:30 - 15:15	BODYPUMP®	Kockum Fritid	Cristine Skogastierna	
	02-dec	15:30 - 16:45	CXWORX®	Kockum Fritid	Cristine Skogastierna	
	08-dec	11:30 - 13:15	BODYBALANCE®	SATS Entré	Theresa Eliasson	
	08-dec	13:30 - 15:15	BODYCOMBAT®	SATS Entré	Marco Mazza Klemi	
	08-dec	15:30 - 16:45	LES MILLS GRIT®	SATS Entré	Martin Krook	
	08-dec	10:15 - 11:30	LES MILLS SPRINT™	Nordic Wellness Emporia	Jimmy Liew	Open Masterclass
	08-dec	12:00 - 13:30	RPM®	Nordic Wellness Emporia	Jimmy Liew	Open Masterclass
	08-dec	13:45 - 15:00	CXWORX®	Nordic Wellness Emporia	Kenneth Mose	
	08-dec	12:00 - 13:45	BODYSTEP®	Kockum Fritid	Pernilla Andersson	
	08-dec	14:15 - 16:00	BODYPUMP®	Kockum Fritid	Pernilla Andersson	
	09-dec	12:15 - 13:45	RPM®	Nordic Wellness Emporia	Adam Gripenblom	Open Masterclass
	09-dec	14:15 - 15:30	LES MILLS SPRINT™	Nordic Wellness Emporia	Adam Gripenblom	Open Masterclass
	09-dec	15:45 - 17:00	LES MILLS GRIT®	Nordic Wellness Emporia	Martin Krook	
	09-dec	17:30 - 19:15	BODYPUMP®	Nordic Wellness Emporia	Martin Krook	
	09-dec	10:30 - 12:00	SH'BAM®	Kockum Fritid	Niklas Bohlin	
	09-dec	12:15 - 14:00	LES MILLS TONE™	Kockum Fritid	Mariah Gustavsson	
	09-dec	12:15 - 14:00	BODYJAM®	Kockum Fritid	Hanna Lundh	
	09-dec	14:30 - 16:15	BODYBALANCE®	Kockum Fritid	Hanna Lundh	

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City	Date	Time	Program	Location	Trainer	Note
OSLOFJORD	IMPORTANT INFORMATION					
	The Quarterly trainings below are located at THE OSLOFJORD FITNESS CONVENTION. To attend them you need to buy a ticket for the convention before you book your spot. You can buy your ticket here >>					
	10-nov	09:00-09:30	LES MILLS BARRE™	Oslofjord Fitness Convention	Dorotka Baburin	
	10-nov	10:15-11:15	BODYCOMBAT®	Oslofjord Fitness Convention	Jorge Scott Neyra & Steve Tansey	
	10-nov	11:30-12:30	BODYJAM®	Oslofjord Fitness Convention	Dorotka Baburin & Liselotte Herlung	
	10-nov	13:30-14:15	EDUCATION SESSION	Oslofjord Fitness Convention	Dorotka Baburin	
	10-nov	16:00-16:45	BODYPUMP®	Oslofjord Fitness Convention	Maria Carmen Øyhovden	
	10-nov	17:00-17:30	LES MILLS GRIT®	Oslofjord Fitness Convention	Jorge Scott Neyra & Steve Tansey	
	11-nov	09:00-10:00	BODYPUMP®	Oslofjord Fitness Convention	Jorge Scott Neyra	
	11-nov	10:15-11:15	BODYSTEP®	Oslofjord Fitness Convention	Julia Pohjanen	
	11-nov	13:00-14:00	BODYATTACK®	Oslofjord Fitness Convention	Julia Pohjanen	
	11-nov	13:30-14:00	LES MILLS SPRINT™	Oslofjord Fitness Convention	Jim Berg	
	11-nov	14:45-15:30	LES MILLS TONE™	Oslofjord Fitness Convention	Maria Carmen Øyhovden	
	11-nov	16:00-17:00	BODYBALANCE®	Oslofjord Fitness Convention	Jim Berg	
OSLO	24-nov	12:00-13:45	BODYBALANCE®	SATS Kampen	Ragnhild Lien	
	24-nov	14:00-15:45	BODYATTACK®	SATS Kampen	Sander Johansen	
	24-nov	16:00-17:15	CXWORX®	SATS Kampen	Sander Johansen	
	25-nov	12:30-14:15	BODYSTEP®	ELIXIA Carl Berner	Marthe Fyndal Havnås	
	25-nov	14:30-16:15	BODYPUMP®	ELIXIA Carl Berner	Marthe Fyndal Havnås	
	01-dec	13:00-14:45	BODYPUMP®	SATS Sagene	Sandra Knudsen	
	01-dec	15:00-16:45	RPM®	SATS Sagene	Sandra Knudsen	Open Masterclass
	02-dec	13:45-15:15	BODYBALANCE®	SATS Kampen	Ragnhild Lien	
	02-dec	15:30-17:00	SH'BAM®	SATS Kampen	Ragnhild Lien	

DENMARK | HEADS UP, YOU CAN ATTEND QUARTERLY TRAININGS IN MALMÖ

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City	Date	Time	Program	Location	Trainer	Note
COPENHAGEN	24-nov	15:45-17:30	BODYPUMP®	fitness dk København Ø	Mikkel Hjort	
	24-nov	11:15-13:00	SH'BAM®	Fitness dk Parken	Naja Lindberg	
	24-nov	13:15-15:00	LES MILLS BARRE™	Fitness dk Parken	Naja Lindberg	
	25-nov	12:15-14:00	BODYATTACK®	fitness dk Valby	Ditte Sommer Weinreich	
	01-dec	10:15-12:00	BODYCOMBAT®	Fitness dk Amager Strand	Andy Valencia	
	01-dec	12:00-13:30	CXWORX®	Fitness dk Amager Strand	Andy Valencia	
	01-dec	16:00-17:45	BODYFLOW®	Fitness dk Valby	Tor Andersen	
	01-dec	14:00-15:45	BODYSTEP®	Fitness dk Valby	Tor Andersen	
	02-dec	12:15-14:00	BODYPUMP®	Fitness dk Parken	Kenneth Mose	
	02-dec	14:15-16:00	BODYFLOW®	Fitness dk Parken	Kenneth Mose	
MALMÖ	09-dec	12:15 - 13:45	RPM®	Nordic Wellness Emporia	Adam Gripenblom	Open Masterclass
	09-dec	14:15 - 15:30	LES MILLS SPRINT™	Nordic Wellness Emporia	Adam Gripenblom	Open Masterclass
	09-dec	15:45 - 17:00	LES MILLS GRIT®	Nordic Wellness Emporia	Martin Krook	Book Malmö QT - contact:
	09-dec	12:15 - 14:00	BODYJAM®	Kockum Fritid	Hanna Lundh	elin.rosenquist@lesmills.com
HORSENS - VEJLE	25-nov	08:00-09:45	BODYFLOW®	Lido Fitness Vejle	Paya Johnsen	
	25-nov	10:00-11:30	CXWORX®	Lido Fitness Vejle	Paya Johnsen	
	25-nov	12:30-14:15	BODYPUMP®	Fitness1 Horsens	Mikkel Hjort	
	25-nov	14:30-16:15	BODYCOMBAT®	Fitness1 Horsens	Mikkel Hjort	
VARDE- ESBJERG	02-dec	08:15-10:00	BODYATTACK®	FysioDanmark Varde/Esbjerg	Ditte Sommer Weinreich	
	02-dec	10:15-12:00	BODYSTEP®	FysioDanmark Varde/Esbjerg	Ditte Sommer Weinreich	
	02-dec	12:15-14:00	BODYPUMP®	FysioDanmark Varde/Esbjerg	Mikkel Hjort	
	02-dec	14:15-16:00	LES MILLS TONE™	FysioDanmark Varde/Esbjerg	Tor Andersen	
	02-dec	16:15-18:00	BODYFLOW®	FysioDanmark Varde/Esbjerg	Tor Andersen	

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City	Date	Time	Program	Location	Trainer	Note
HELSINKI	21-nov	06:45 - 08:30	BODYBALANCE®	Esport Bristol	Jarno Tynkkynen	
	23-nov	19:00 - 20:45	BODYPUMP®	Esport Bristol	Susanna Varsanpää	
	24-nov	09:00 - 10:15	GRIT®	Fitness24seven Käpylä	Jarno Tynkkynen	
	24-nov	10:30 - 12:15	BODYPUMP®	Fitness24seven Käpylä	Jarno Tynkkynen	
	24-nov	12:30 - 14:15	BODYSTEP®	Fitness24seven Käpylä	Susanna Varsanpää	
	24-nov	14:30 - 16:15	BODYATTACK®	Fitness24seven Käpylä	Kira Tiivola	
	25-nov	09:30 - 10:45	CXWORX®	Esport Bristol	Arja Vanhanen	
	25-nov	11:00 - 12:45	BODYCOMBAT®	Esport Bristol	Guilherme Reis	
	25-nov	13:00 - 14:45	BODYBALANCE®	Esport Bristol	Jarno Tynkkynen	
	25-nov	15:00 - 16:45	BODYPUMP®	Esport Bristol	Jarno Tynkkynen	
	25-nov	13:30 - 15:00	SH'BAM®	Esport Aalto	Tia Tynkkynen	
	25-nov	15:15 - 17:00	BODYJAM®	Esport Aalto	Janni Lindgren	
	01-dec	08:30 - 10:15	BODYBALANCE®	Forever Herttoniemi	Arja Vanhanen	
	01-dec	10:30 - 11:45	CXWORX®	Forever Herttoniemi	Arja Vanhanen	
	01-dec	12:00 - 13:45	BODYCOMBAT®	Forever Herttoniemi	Mika Kankainen	
01-dec	12:00 - 13:45	RPM®	Forever Herttoniemi	Eerika Bui	Open Masterclass	
01-dec	14:00 - 15:15	LES MILLS SPRINT™	Forever Herttoniemi	Mika Kankainen	Open Masterclass	
01-dec	15:45 - 17:30	BODYPUMP®	Forever Herttoniemi	Mika Kankainen		
TURKU	02-dec	11:15 - 13:00	BODYBALANCE®	Gym 2000	Niko Viskari	
	02-dec	13:15 - 15:00	BODYPUMP®	Gym 2000	Niko Viskari	
	02-dec	15:15 - 17:00	BODYCOMBAT®	Gym 2000	Mika Kankainen	

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City	Date	Time	Program	Location	Trainer	Note
TAMPERE	24-nov	09:00 - 10:15	CXWORX®	GOGO City	Arja Vanhanen	
	24-nov	10:30 - 12:15	BODYBALANCE®	GOGO City	Arja Vanhanen	
	24-nov	12:30 - 14:15	BODYPUMP®	GOGO City	Niko Viskari	
	24-nov	14:30 - 16:15	BODYCOMBAT®	GOGO City	Guilherme Reis	
	24-nov	14:30 - 16:15	BODYATTACK®	GOGO City	Niko Viskari	
	24-nov	16:30 - 17:55	THE TRIP™	GOGO Park	Eerika Bui	
OULU	01-dec	08:45 - 10:30	BODYPUMP®	Liikuntakeskus Hukka	Susanna Varsanpää	
	01-dec	11:00 - 12:45	BODYBALANCE®	Liikuntakeskus Hukka	Susanna Varsanpää	
	01-dec	11:45 - 13:30	BODYJAM®	Liikuntakeskus Hukka	Janni Lindgren	
	01-dec	13:45 - 15:15	SH'BAM®	Liikuntakeskus Hukka	Janni Lindgren	
	01-dec	15:30 - 17:15	BODYSTEP®	Liikuntakeskus Hukka	Susanna Varsanpää	
	01-dec	16:15 - 18:00	BODYCOMBAT®	Liikuntakeskus Hukka	Guilherme Reis	
KOKKOLA	25-nov	10:00 - 11:45	BODYPUMP®	SC Rok Rantakatu	Pia Niemi	
	25-nov	12:00 - 13:45	BODYCOMBAT®	SC Rok Rantakatu	Pia Niemi	
	25-nov	14:00 - 15:45	BODYBALANCE®	SC Rok Rantakatu	Susanna Varsanpää	
	25-nov	16:00 - 17:45	BODYATTACK®	SC Rok Rantakatu	Susanna Varsanpää	
KOTKA	01-dec	10:00 - 11:45	BODYCOMBAT®	Hyvinvointikeskus Huuma	Pia Niemi	
	01-dec	12:00 - 13:45	BODYPUMP®	Hyvinvointikeskus Huuma	Pia Niemi	
KUOPIO	25-nov	10:00 - 11:45	BODYPUMP®	Fressi Kuopio	Mika Kankainen	
	25-nov	12:00 - 13:45	BODYCOMBAT®	Fressi Kuopio	Mika Kankainen	
	25-nov	14:00 - 15:45	BODYBALANCE®	Fressi Kuopio	Niko Viskari	

ESTONIA | HEADS UP, YOU CAN ALSO ATTEND QUARTERLY TRAININGS IN FINLAND

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City	Date	Time	Program	Location	Trainer	Note
TALLINN	08-dec	10:00 - 11:45	BODYCOMBAT®	MyFitness Ülemiste	Pia Niemi	
	08-dec	12:00 - 13:45	BODYBALANCE®	MyFitness Ülemiste	Kersti Ojalill	
	08-dec	14:00 - 15:15	CXWORX®	MyFitness Ülemiste	Kersti Ojalill	
	09-dec	10:00 - 11:45	BODYPUMP® 1	MyFitness Ülemiste	Siim Kelner	
	09-dec	12:00 - 13:45	BODYPUMP® 2	MyFitness Ülemiste	Siim Kelner	
	09-dec	14:00 - 15:45	BODYATTACK®	MyFitness Ülemiste	Niko Viskari	

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City	Date	Time	Program	Location	Trainer	Note
WARSZAWA	08-dec	08:30-10:15	BODYBALANCE®	Total Fitness Białoleka	Natalia Litwiniuk	
	08-dec	10:30-12:15	BODYPUMP®	Total Fitness Białoleka	Justyna Szarawska	
	08-dec	13:00-14:45	BODYCOMBAT®	Total Fitness Białoleka	Szymon Wesolowski	
	08-dec	15:00-16:45	BODYPUMP®	Total Fitness Białoleka	Justyna Szarawska	
	08-dec	17:00-18:15	CXWORX®	Total Fitness Białoleka	Szymon Wesolowski	
	08-dec	18:30-19:45	LES MILLS GRIT®	Total Fitness Białoleka	Szymon Wesolowski	
POZNAN	09-dec	10:00-11:45	BODYPUMP®	Step One	Edyta Długa	
	09-dec	12:30-13:45	CXWORX®	Step One	Paweł Jeziorek	
	09-dec	14:00-15:45	BODYBALANCE®	Step One	Natalia Litwiniuk	
	09-dec	16:00-17:15	LES MILLS GRIT®	Step One	Paweł Jeziorek	

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City	Date	Time	Program	Location	Trainer	Note
PRAGUE	08-dec	08.00-09.45	BODYPUMP®	Factory PRO *)	Veronika Benesova	Original 60-min format
	08-dec	10.00-11.45	BODYBALANCE®	Factory PRO *)	Sylvie Smrckova Milanova	
	08-dec	13.25-15.00	BODYPUMP®	Factory PRO *)	Filip Kulstrunk	45-min Express format
	08-dec	12.00-13.45	BODYATTACK®	Factory PRO *)	Veronika Benesova	
	08-dec	14.00-15.45	LES MILLS TONE®	Factory PRO *)	Sylvie Smrckova Milanova	
	08-dec	16.00-17.45	BODYCOMBAT®	Factory PRO *)	Filip Kulstrunk	

*Factory PRO, Nadrazni 762/32, Praha 5, 150 00 Czech Republic *)*

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City	Date	Time	Program	Location	Trainer	Note
Kosice	15-dec	11.00-12.45	BODYPUMP®	NEONKA - Cassovia *)	Filip Kulstrunk	
	15-dec	13.00-14.45	BODYATTACK®	NEONKA - Cassovia *)	Veronika Benesova	
	15-dec	15.00-16.45	BODYCOMBAT®	NEONKA - Cassovia *)	Filip Kulstrunk	
	15-dec	17.00-18.45	BODYBALANCE®	NEONKA - Cassovia *)	Sylvie Smrckova Milanova	

*NEONKA Cassovia, Pri pracharni 4 Košice, 040 11 Slovakia *)*