

A woman with blonde hair in a high ponytail, wearing a black sports bra and leggings, is captured in a dynamic running pose against a dark, textured grey wall. She is wearing black and white sneakers. The overall aesthetic is high-contrast and energetic.

INITIAL TRAINING

2019

LES MILLS

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

SWEDEN

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
FEBRUARY			MAY		
02-03 FEB	LES MILLS GRIT®	Stockholm	04-05 MAY	CXWORX®	Gothenburg
02-03 FEB	BODYBALANCE®	Gothenburg	04-05 MAY	SH'BAM®	Stockholm
09-10 FEB	RPM®	Gothenburg	11-12 MAY	BODYATTACK®	Stockholm
09-10 FEB	SH'BAM®	Gothenburg	11-12 MAY	BORN TO MOVE®	Gothenburg
09-10 FEB	BODYCOMBAT®	Stockholm	JUNE		
16-17 FEB	BODYPUMP®	Gothenburg	08-09 JUN	LES MILLS SPRINT™	Stockholm
16-17 FEB	BODYSTEP®	Gothenburg	08-09 JUN	BODYPUMP®	Stockholm
MARCH			15-16 JUN	BODYBALANCE®	Gothenburg
16-17 MAR	CXWORX®	Stockholm	15-16 JUN	LES MILLS TONE™	Stockholm
16-17 MAR	BODYATTACK®	Gothenburg	29-30 JUN	LES MILLS GRIT®	Stockholm
16-17 MAR	BODYPUMP®	Sundsvall	29-30 JUN	LES MILLS BARRE™	Stockholm
23-24 MAR	BODYPUMP®	Stockholm			
30-31 MAR	LES MILLS TONE™	Gothenburg			
30-31 MAR	LES MILLS SPRINT™	Gothenburg			
30-31 MAR	BODYBALANCE®	Gothenburg			
30-31 MAR	LES MILLS BARRE™	Gothenburg			
APRIL					
06-07 APR	BODYBALANCE®	Stockholm			
06-07 APR	LES MILLS GRIT®	Gothenburg			
13-14 APR	BODYPUMP®	Gothenburg			
13-14 APR	BODYJAM®	Stockholm			
13-14 APR	CXWORX®	Luleå			
27-28 APR	RPM®	Stockholm			
27-28 APR	BODYSTEP®	Stockholm			
27-28 APR	BODYCOMBAT®	Gothenburg			

DENMARK

NORWAY

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
FEBRUARY			FEBRUARY		
09-10 FEB	BODYPUMP®	Copenhagen	02-03 NOV	LES MILLS BARRE™	Oslo
09-10 FEB	LES MILLS SPRINT™	Copenhagen	09-10 FEB	LES MILLS TONE™	Oslo
MARCH			16-17 FEB	BODYBALANCE®	Drammen
16-17-MAR	BODYFLOW®	Aarhus	16-17 FEB	BODYSTEP®	Stavanger
16-17-MAR	SH'BAM®	Copenhagen	MARCH		
30-31-MAR	BODYPUMP®	Aalborg	16-17-MAR	BODYPUMP®	Oslo
APRIL			16-17-MAR	BODYJAM®	Oslo
06-07-APR	LES MILLS BARRE™	Copenhagen	30-31-MAR	CXWORX®	Oslo
13-14 APR	LES MILLS TONE™	Copenhagen	APRIL		
27-28-APR	BODYPUMP®	Aarhus	06-07-APR	BODYATTACK®	Drammen
MAY			27-28-APR	BODYBALANCE®	Oslo
04-05 MAY	BODYATTACK®	Aarhus	MAY		
04-05 MAY	BODYFLOW®	Copenhagen	11-12-MAY	BODYPUMP®	Oslo
11-12-MAY	BODYSTEP®	Copenhagen	JUNE		
11-12-MAY	BODYPUMP®	Copenhagen	15-16-JUN	BODYATTACK®	Oslo
JUNE			29-30 JUN	BODYPUMP®	Oslo
15-16-JUN	CXWORX®	Copenhagen			
22-23 JUN	BODYCOMBAT®	Horsens			

FINLAND

ESTONIA

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
FEBRUARY			FEBRUARY		
02-03-FEB	RPM®	Helsinki	09-10-FEB	BODYPUMP®	Tallinn
09-10-FEB	LES MILLS TONE™	Helsinki	16-17-FEB	BODYATTACK®	Tallinn
16-17-FEB	BODYCOMBAT®	Helsinki	MARCH		
MARCH			23-24-MAR	BODYBALANCE®	Tallinn
23-24-MAR	BODYSTEP®	Helsinki	APRIL		
23-24-MAR	BODYJAM®	Vantaa	06-07 APR	LES MILLS GRIT®	Tallinn
30-31-MAR	BODYPUMP®	Helsinki	13-14 APR	BODYCOMBAT®	Tallinn
30-31-MAR	BODYATTACK®	Helsinki	MAY		
30-31-MAR	LES MILLS BARRE™	Helsinki	04-05 MAY	LES MILLS TONE™	Tallinn
APRIL			JUNE		
06-07 APR	SH'BAM®	Helsinki	08-09 JUN	LES MILLS BARRE™	Tallinn
13-14 APR	CXWORX®	Helsinki			
27-28 APR	LES MILLS SPRINT™	Helsinki			
MAY					
04-05 MAY	LES MILLS GRIT®	Helsinki			
11-12 MAY	BODYCOMBAT®	Helsinki			
11-12 MAY	BODYBALANCE®	Helsinki			
JUNE					
08-09 JUN	LES MILLS TONE™	Helsinki			
15-16 JUN	BODYATTACK®	Helsinki			
15-16 JUN	BODYPUMP®	Helsinki			

SWEDEN | NORWAY | DENMARK | FINLAND | ESTONIA | **POLAND | ROMANIA | CZECH | SLOVAKIA** | **BOOK TRAINING >>**

POLAND & ROMANIA

CZECH & SLOVAKIA

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
FEBRUARY			FEBRUARY		
16-17 FEB	BODYCOMBAT®	Warszawa	16-17 FEB	LES MILLS TONE™	Prague
MARCH			MARCH		
23-24 MAR	BODYPUMP®	Warszawa	16-17 MAR	BODYBALANCE®	Prague
23-24 MAR	BODYBALANCE®	Warszawa	16-17 MAR	BODYSTEP®	Prague
APRIL			APRIL		
06-07 APR	CXWORX®	Warszawa	23-24 MAR	BODYPUMP®	Prague
JUNE			APRIL		
08-09 JUN	BODYPUMP®	Warszawa	13-14 APR	LES MILLS SPRINT™	Prague
08-09 JUN	LES MILLS SPRINT™	Warszawa	20-21 APR	BODYATTACK®	Prague
ROMANIA			MAY		
FEBRUARY			04-05 MAY	CXWORX®	Prague
09-10 FEB	BODYBALANCE®	Timisoara	04-05 MAY	BODYCOMBAT®	Prague
MARCH					
16-17 MAR	BODYBALANCE®	Bucharest			
23-24 MAR	BODYPUMP®	Bucharest			
APRIL					
13-14 APR	BODYCOMBAT®	Bucharest			