



**INITIAL TRAINING**

**2019-2020**

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

## SWEDEN 1:2

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>APRIL</b>			<b>AUGUST</b>		
06-07 APR	<b>BODYPUMP®</b>	Hudiksvall	03-04 AUG	<b>BODYPUMP®</b>	Stockholm
06-07 APR	<b>BODYBALANCE®</b>	Stockholm	03-04 AUG	<b>LES MILLS GRIT®</b>	Gothenburg
06-07 APR	<b>LES MILLS GRIT®</b>	Gothenburg	03-04 AUG	<b>BODYBALANCE®</b>	Stockholm
13-14 APR	<b>BODYPUMP®</b>	Gothenburg	03-04 AUG	<b>LES MILLS SPRINT™</b>	Gothenburg
13-14 APR	<b>BODYJAM®</b>	Stockholm	10-11 AUG	<b>RPM®</b>	Gothenburg
13-14 APR	<b>CXWORX®</b>	Luleå	10-11 AUG	<b>CXWORX®</b>	Gothenburg
27-28 APR	<b>RPM®</b>	Stockholm	10-11 AUG	<b>BODYCOMBAT®</b>	Gothenburg
27-28 APR	<b>BODYSTEP®</b>	Stockholm	10-11 AUG	<b>BODYSTEP®</b>	Stockholm
27-28 APR	<b>BODYCOMBAT®</b>	Gothenburg	17-18 AUG	<b>SH'BAM®</b>	Gothenburg
<b>MAY</b>			17-18 AUG	<b>BODYPUMP®</b>	Gothenburg
04-05 MAY	<b>CXWORX®</b>	Gothenburg	17-18 AUG	<b>BODYATTACK®</b>	Stockholm
04-05 MAY	<b>SH'BAM®</b>	Stockholm	24-25 AUG	<b>BORN TO MOVE®</b>	Gothenburg
04-05 MAY	<b>LES MILLS BARRE™</b>	Gothenburg	24-25 AUG	<b>BODYJAM®</b>	Gothenburg
11-12 MAY	<b>BODYATTACK®</b>	Stockholm	24-25 AUG	<b>LES MILLS TONE™</b>	Gothenburg
11-12 MAY	<b>BORN TO MOVE®</b>	Gothenburg	<b>SEPTEMBER</b>		
<b>JUNE</b>			31 AUG-01 SEP	<b>BODYPUMP®</b>	Stockholm
08-09 JUN	<b>LES MILLS SPRINT™</b>	Stockholm	31 AUG-01 SEP	<b>BODYBALANCE®</b>	Gothenburg
08-09 JUN	<b>BODYPUMP®</b>	Stockholm	31 AUG-01 SEP	<b>LES MILLS GRIT®</b>	Stockholm
15-16 JUN	<b>BODYBALANCE®</b>	Gothenburg	31 AUG-01 SEP	<b>BODYCOMBAT®</b>	Stockholm
15-16 JUN	<b>LES MILLS TONE™</b>	Stockholm	28-29 SEP	<b>BODYPUMP®</b>	Gothenburg
29-30 JUN	<b>LES MILLS GRIT®</b>	Stockholm	28-29 SEP	<b>CXWORX®</b>	Stockholm
29-30 JUN	<b>LES MILLS BARRE™</b>	Stockholm	28-29 SEP	<b>BODYATTACK®</b>	Gothenburg
			28-29 SEP	<b>LES MILLS SPRINT™</b>	Stockholm

## SWEDEN 2:2

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>OCTOBER</b>			<b>DECEMBER</b>		
05-06 OCT	<b>BODYPUMP®</b>	Stockholm	14-15 DEC	<b>LES MILLS SPRINT™</b>	Stockholm
05-06 OCT	<b>BODYCOMBAT®</b>	Gothenburg	14-15 DEC	<b>BODYSTEP®</b>	Malmö
12-13 OCT	<b>BODYBALANCE®</b>	Stockholm	14-15 DEC	<b>LES MILLS TONE™</b>	Stockholm
12-13 OCT	<b>LES MILLS GRIT®</b>	Gothenburg	21-22 DEC	<b>BODYPUMP®</b>	Gothenburg
12-13 OCT	<b>BODYPUMP®</b>	Umeå	21-22 DEC	<b>CXWORX®</b>	Gothenburg
19-20 OCT	<b>BODYPUMP®</b>	Gothenburg	<b>JANUARY - 2020</b>		
19-20 OCT	<b>LES MILLS BARRE™</b>	Malmö	04-05 JAN	<b>BODYPUMP®</b>	Stockholm
19-20 OCT	<b>RPM®</b>	Stockholm	04-05 JAN	<b>LES MILLS GRIT®</b>	Gothenburg
26-27 OCT	<b>CXWORX®</b>	Gothenburg	11-12 JAN	<b>BODYBALANCE®</b>	Gothenburg
26-27 OCT	<b>BODYATTACK®</b>	Stockholm	11-12 JAN	<b>BODYJAM®</b>	Stockholm
26-27 OCT	<b>LES MILLS SPRINT™</b>	Gothenburg	11-12 JAN	<b>BORN TO MOVE®</b>	Stockholm
<b>NOVEMBER</b>			18-19 JAN	<b>BODYPUMP®</b>	Gothenburg
02-03 NOV	<b>BODYPUMP®</b>	Stockholm	18-19 JAN	<b>BODYCOMBAT®</b>	Malmö
02-03 NOV	<b>BODYCOMBAT®</b>	Stockholm	25-26 JAN	<b>BODYATTACK®</b>	Stockholm
09-10 NOV	<b>BODYBALANCE®</b>	Gothenburg	25-26 JAN	<b>CXWORX®</b>	Stockholm
09-10 NOV	<b>LES MILLS GRIT®</b>	Stockholm	<b>FEBRUARY - 2020</b>		
16-17 NOV	<b>BODYPUMP®</b>	Gothenburg	01-02 FEB	<b>BODYPUMP®</b>	Stockholm
16-17 NOV	<b>CXWORX®</b>	Stockholm	01-02 FEB	<b>LES MILLS SPRINT™</b>	Gothenburg
16-17 NOV	<b>BORN TO MOVE®</b>	Gothenburg	08-09 FEB	<b>CXWORX®</b>	Malmö
<b>DECEMBER</b>			08-09 FEB	<b>BODYBALANCE®</b>	Stockholm
14-15 DEC	<b>BODYPUMP®</b>	Stockholm	08-09 FEB	<b>SH'BAM®</b>	Gothenburg
14-15 DEC	<b>BODYCOMBAT®</b>	Gothenburg	08-09 FEB	<b>BODYCOMBAT®</b>	Stockholm
14-15 DEC	<b>BODYBALANCE®</b>	Stockholm	15-16 FEB	<b>BODYPUMP®</b>	Gothenburg
14-15 DEC	<b>SH'BAM®</b>	Stockholm	15-16 FEB	<b>LES MILLS GRIT®</b>	Stockholm
14-15 DEC	<b>BODYATTACK®</b>	Gothenburg	15-16 FEB	<b>RPM®</b>	Gothenburg

## DENMARK

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>APRIL</b>			<b>OCTOBER</b>		
06-07-APR	<b>LES MILLS BARRE™</b>	Copenhagen	26-27 OCT	<b>BODYCOMBAT®</b>	Copenhagen
13-14 APR	<b>LES MILLS TONE™</b>	Copenhagen	<b>NOVEMBER</b>		
13-14 APR	<b>CXWORX®</b>	Odense	09-10 NOV	<b>RPM®</b>	Copenhagen
27-28-APR	<b>BODYPUMP®</b>	Aarhus	16-17 NOV	<b>BODYFLOW®</b>	Copenhagen
27-28-APR	<b>SH'BAM®</b>	Copenhagen	<b>DECEMBER</b>		
<b>MAY</b>			14-15 DEC	<b>BODYATTACK®</b>	Horsens
04-05 MAY	<b>BODYATTACK®</b>	Aarhus	14-15 DEC	<b>LES MILLS GRIT®</b>	Aarhus
04-05 MAY	<b>BODYFLOW®</b>	Copenhagen	21-22 DEC	<b>BODYPUMP®</b>	Copenhagen
11-12-MAY	<b>BODYSTEP®</b>	Copenhagen	<b>JANUARY - 2020</b>		
11-12-MAY	<b>BODYPUMP®</b>	Copenhagen	11-12 JAN	<b>SH'BAM®</b>	Copenhagen
<b>JUNE</b>			25-26 JAN	<b>BODYSTEP®</b>	Copenhagen
22-23 JUN	<b>BODYCOMBAT®</b>	Horsens	<b>FEBRUARY - 2020</b>		
<b>AUGUST</b>			01-02 FEB	<b>BODYPUMP®</b>	Horsens
10-11 AUG	<b>LES MILLS GRIT®</b>	Copenhagen	08-09 FEB	<b>CXWORX®</b>	Malmö
17-18 AUG	<b>BODYPUMP®</b>	Copenhagen	15-16 FEB	<b>BODYCOMBAT®</b>	Aarhus
24-25 AUG	<b>BODYFLOW®</b>	Aarhus	<b>MARCH- 2020</b>		
<b>SEPTEMBER</b>			21-22 MAR	<b>BODYFLOW®</b>	Horsens
21-22 SEP	<b>BODYATTACK®</b>	Copenhagen			
28-29 SEP	<b>CXWORX®</b>	Copenhagen			
<b>OCTOBER</b>					
05-06 OCT	<b>LES MILLS TONE™</b>	Aarhus			
12-13 OCT	<b>BODYJAM®</b>	Copenhagen			
19-20 OCT	<b>LES MILLS BARRE™</b>	Malmö			
19-20 OCT	<b>BODYPUMP®</b>	Aarhus			

## NORWAY

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>APRIL</b>			<b>JANUARY - 2020</b>		
06-07-APR	<b>BODYATTACK®</b>	Drammen	18-19 JAN	<b>BODYATTACK®</b>	Stavanger
27-28-APR	<b>BODYBALANCE®</b>	Oslo	25-26 JAN	<b>BODYBALANCE®</b>	Oslo
<b>MAY</b>			<b>FEBRUARY - 2020</b>		
11-12-MAY	<b>BODYPUMP®</b>	Oslo	01-02 FEB	<b>BODYPUMP®</b>	Drammen
<b>JUNE</b>			01-02 FEB	<b>LES MILLS TONE™</b>	Oslo
08-09-JUN	<b>BODYATTACK®</b>	Oslo	08-09 FEB	<b>CXWORX®</b>	Oslo
29-30 JUN	<b>BODYPUMP®</b>	Oslo	15-16 FEB	<b>LES MILLS SPRINT™</b>	Oslo
<b>AUGUSTI</b>			<b>MARCH - 2020</b>		
03-04 AUG	<b>LES MILLS TONE™</b>	Oslo	14-15 MAR	<b>BODYATTACK®</b>	Oslo
10-11 AUG	<b>BODYBALANCE®</b>	Drammen	28-29 MAR	<b>BODYBALANCE®</b>	Stavanger
24-25 AUG	<b>CXWORX®</b>	Oslo			
<b>SEPTEMBER</b>					
31 AUG - 01 SEP	<b>BODYPUMP®</b>	Oslo			
28-29 SEPT	<b>LES MILLS GRIT®</b>	Oslo			
<b>OCTOBER</b>					
05-06 OCT	<b>BODYPUMP®</b>	Trondheim			
12-13 OCT	<b>BODYATTACK®</b>	Oslo			
19-20 OCT	<b>BODYBALANCE®</b>	Oslo			
26-27 OCT	<b>BODYCOMBAT®</b>	Oslo			
<b>DECEMBER</b>					
14-15 DEC	<b>BODYPUMP®</b>	Oslo			
14-15 DEC	<b>BODYSTEP®</b>	Oslo			

## FINLAND

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>APRIL</b>			<b>OCTOBER</b>		
06-07 APR	<b>SH'BAM®</b>	Helsinki	05-06 OCT	<b>BODYJAM®</b>	Helsinki
13-14 APR	<b>CXWORX®</b>	Helsinki	12-13 OCT	<b>BODYSTEP®</b>	Helsinki
27-28 APR	<b>LES MILLS SPRINT™</b>	Helsinki	19-20 OCT	<b>LES MILLS SPRINT™</b>	Helsinki
<b>MAY</b>			26-27 OCT	<b>LES MILLS BARRE™</b>	Helsinki
04-05 MAY	<b>LES MILLS GRIT®</b>	Helsinki	<b>NOVEMBER</b>		
04-05 MAY	<b>LES MILLS BARRE™</b>	Helsinki	02-03 NOV	<b>BODYATTACK®</b>	Helsinki
04-05 MAY	<b>BODYSTEP®</b>	Helsinki	09-10 NOV	<b>LES MILLS TONE™</b>	Helsinki
11-12 MAY	<b>BODYCOMBAT®</b>	Helsinki	16-17 NOV	<b>BODYPUMP®</b>	Helsinki
11-12 MAY	<b>BODYBALANCE®</b>	Helsinki	<b>DECEMBER</b>		
<b>JUNE</b>			14-15 DEC	<b>BODYCOMBAT®</b>	Helsinki
08-09 JUN	<b>LES MILLS TONE™</b>	Helsinki	14-15 DEC	<b>BODYBALANCE®</b>	Tampere
15-16 JUN	<b>BODYATTACK®</b>	Helsinki	14-15 DEC	<b>SH'BAM®</b>	Helsinki
15-16 JUN	<b>BODYPUMP®</b>	Helsinki	14-15 DEC	<b>LES MILLS GRIT®</b>	Helsinki
<b>AUGUST</b>			<b>JANUARY - 2020</b>		
10-11 AUG	<b>BODYBALANCE®</b>	Helsinki	11-12 JAN	<b>LES MILLS BARRE™</b>	Helsinki
10-11 AUG	<b>BODYCOMBAT®</b>	Tampere	11-12 JAN	<b>BODYPUMP®</b>	Oulu
24-25 AUG	<b>SH'BAM®</b>	Helsinki	25-26 JAN	<b>CXWORX®</b>	Helsinki
24-25 AUG	<b>CXWORX®</b>	Helsinki	<b>FEBRUARY - 2020</b>		
<b>SEPTEMBER</b>			01-02 FEB	<b>BODYBALANCE®</b>	Helsinki
28-29 SEP	<b>LES MILLS GRIT®</b>	Helsinki	08-09 FEB	<b>BODYSTEP®</b>	Helsinki
28-29 SEP	<b>BODYPUMP®</b>	Tampere	<b>MARCH - 2020</b>		
28-29 SEP	<b>RPM®</b>	Helsinki	21-22 FEB	<b>BODYPUMP®</b>	Helsinki
			28-29 FEB	<b>BODYCOMBAT®</b>	Oulu
			28-29 FEB	<b>BODYATTACK®</b>	Helsinki

## ESTONIA

## CZECH & SLOVAKIA

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>APRIL</b>			<b>APRIL</b>		
13-14 APR	<b>BODYCOMBAT®</b>	Tallinn	20-21 APR	<b>BODYATTACK®</b>	Prague
27-28 APR	<b>LES MILLS GRIT®</b>	Riga	<b>MAY</b>		
<b>AUGUST</b>			04-05 MAY	<b>BODYCOMBAT®</b>	Prague
24-25 AUG	<b>BODYPUMP®</b>	Tallinn	11-12 MAY	<b>CXWORX®</b>	Prague
<b>SEPTEMBER</b>			<b>JUNE</b>		
21-22 SEP	<b>BODYBALANCE®</b>	Tallinn	15-16 JUN	<b>SH'BAM®</b>	Prague
<b>OCTOBER</b>			<b>AUGUST</b>		
05-06 OCT	<b>BODYATTACK®</b>	Tallinn	24-24 AUG	<b>LES MILLS GRIT®</b>	Prague
<b>NOVEMBER</b>			<b>SEPTEMBER</b>		
16-17 NOV	<b>BODYCOMBAT®</b>	Tallinn	28-29 SEP	<b>BODYPUMP®</b>	Prague
<b>JANUARY - 2020</b>			<b>OCTOBER</b>		
25-26 JAN	<b>BODYPUMP®</b>	Tallinn	05-06 OCT	<b>BODYBALANCE®</b>	Prague
<b>MARCH - 2020</b>			<b>NOVEMBER</b>		
14-15 MAR	<b>BODYBALANCE®</b>	Tallinn	08-09 NOV	<b>BODYATTACK®</b>	Prague
			<b>JANUARY - 2020</b>		
			08-09 JUN	<b>BODYCOMBAT®</b>	Prague
			<b>FEBRUARY - 2020</b>		
			08-09 FEB	<b>BODYPUMP®</b>	Prague
			<b>MARCH - 2020</b>		
			07-08 MAR	<b>LES MILLS GRIT®</b>	Prague
			21-22 MAR	<b>LES MILLS TONE™</b>	Prague
			28-29 MAR	<b>LES MILLS BARRE™</b>	Prague

## POLAND & ROMANIA

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
<b>JUNE</b>			<b>MARCH - 2020</b>		
08-09 JUN	<b>BODYPUMP®</b>	Warszawa	14-15 MAR	<b>BODYATTACK®</b>	Warszawa
15-16 JUN	<b>LES MILLS BARRE™</b>	Warszawa	21-22 MAR	<b>BODYCOMBAT®</b>	Warszawa
<b>AUGUST</b>			<b>ROMANIA</b>		
10-11 AUG	<b>BODYCOMBAT®</b>	Warszawa	<b>APRIL</b>		
17-18 AUG	<b>BODYPUMP®</b>	Warszawa	13-14 APR	<b>BODYCOMBAT®</b>	Bucharest
24-25 AUG	<b>LES MILLS SPRINT™</b>	Poznan	<b>AUGUST</b>		
24-25 AUG	<b>BODYBALANCE®</b>	Warszawa	10-11 AUG	<b>BODYPUMP®</b>	Bucharest
<b>SEPTEMBER</b>			24-25 AUG	<b>CXWORX®</b>	Bucharest
31 AUG-01-SEP	<b>CXWORX®</b>	Warszawa	31 AUG - 01 SEP	<b>LES MILLS GRIT®</b>	Bucharest
28-29 SEP	<b>LES MILLS GRIT®</b>	Warszawa	<b>NOVEMBER</b>		
<b>OCTOBER</b>			02-03 NOV	<b>BODYPUMP®</b>	Bucharest
05-06 AUG	<b>BODYATTACK®</b>	Warszawa	16-17 NOV	<b>BODYCOMBAT®</b>	Bucharest
19-20 OCT	<b>BODYPUMP®</b>	Warszawa	16-17 NOV	<b>RPM®</b>	Bucharest
26-27 OCT	<b>CXWORX®</b>	Warszawa	<b>DECEMBER</b>		
<b>NOVEMBER</b>			14-15 DEC	<b>BODYBALANCE®</b>	Bucharest
09-10 NOV	<b>BODYCOMBAT®</b>	Warszawa	<b>FEBRUARY - 2020</b>		
16-17 NOV	<b>BODYBALANCE®</b>	Warszawa	01-02 FEB	<b>LES MILLS SPRINT™</b>	Bucharest
<b>DECEMBER</b>			15-16 FEB	<b>BODYPUMP®</b>	Bucharest
14-15 DEC	<b>BODYPUMP®</b>	Warszawa			
<b>JANUARY - 2020</b>					
11-12 JAN	<b>CXWORX®</b>	Warszawa			
18-19 JAN	<b>LES MILLS GRIT®</b>	Warszawa			
<b>FEBRUARY - 2020</b>					
01-02 FEB	<b>BODYPUMP®</b>	Warszawa			
15-16 FEB	<b>BODYBALANCE®</b>	Warszawa			