

A man in a black tank top and shorts is performing a squat with a barbell. He is holding the barbell across his shoulders with both hands. The barbell has black and red weights. He is in a squatting position with his knees bent and back straight. The background is a plain, light gray wall.

**QUARTERLY TRAININGS**

**MAY & JUNE 2019**

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

## WHAT'S UP Q2 - 2019?

### | BODYPUMP® - 60 MIN OR 45 MIN

In some countries/locations you can choose between two BODYPUMP® quarterly trainings either 45 min Express format or the 60 min Original format. Look for the "BODYPUMP® 45 min" to attend the specific express format. The education content will be unique for each format.

### | LES MILLS GRIT® - STRENGTH, CARDIO OR GENERIC

This round we also offer specific LES MILLS GRIT® quarterly trainings in some countries/location. You can choose strength, cardio or generic sessions depending on what you teach. Check the Note column to find the specific sessions.

### | SUPER QUARTERLY | LES MILLS INNOVATION | STOCKHOLM | 25th OF MAY

This round you can attend this Super Quarterly at Clarion Sign Hotel in Stockholm where we present 11 programs during one day. Besides attending the programs you teach you can attend the other sessions as well. You book your programs as normal in the [Instructor Portal >>](#) and search for Masterclass to book the other sessions. Want to bring a friend to the event? Email [nordic@lesmills.com](mailto:nordic@lesmills.com) for booking.

### | SUPER QUARTERLY | LES MILLS SUPERDAY | WARSAW | 11th OF MAY

This round you can attend a Super Quarterly in Warsaw where we present 10 programs during one day. Besides attending the programs you teach you can attend other sessions as well. You book your quarterly trainings in the [Instructor Portal >>](#) Note you will need a additional ticket for the event which you [purchase here >>](#)

### | WORKOUT FOR WATER

UNICEF and Les Mills have developed Workout for Water to help make every child's right to clean, safe and sustainable water a reality. We've set a goal of US\$5 million dollars to help UNICEF complete the Lega and Yelam Gej multi-village solar-powered water systems in the Amhara Region of Ethiopia. Together, we can get there.

The Workout for Water event will be combined with the Q2 release for 2019, we recommend you host the Workout for Water event when you launch the new Les Mills releases for Q2. You can download the [Instructor event guidelines here >>](#)

## QUARTERLY TRAINING GOOD TO KNOW...

### | QUARTERLY TRAINING & QUARTERLY RELEASES UPLOAD OVERVIEW

Quarterly weeks 2019      The new releases will be uploaded to the Instructor Portal & Releases APP on the following date:

Q1 - WEEK 08-10      20.FEB

**Q2 - WEEK 20-22**      **30.MAY**

Q3 - WEEK 37-38      10.SEP

Q4 - WEEK 47-49      19.NOV

### | QUARTERLY TRAINING OVERVIEW 2019

We have made an overview of the Quarterly training locations and programs so that you can easily plan your year. Do not that this is a draft and that changes and adjustments might occur during the year. You can view [2019 here >>](#)

### | HOW TO BOOK A QUARTERLY TRAINING

1. Log in to the [Instructor Portal >>](#) Go to "Events"
2. Choose "Quarterly Workshop" & Select "Program Type"
3. Find your event (sort by date or distance)
4. Choose the one you like to attend - "Book"
5. Tick the box under "Book"
6. You do not use any "Discount Code" - Click "Continue"
7. Fill out "Billing Information" meaning your home address
8. Continue to Payment Information and Order Review
9. Place order - check your email for a Confirmation

You can find the fully detailed [Step by Step Guide here >>](#)

### | QUARTERLY TRAINING TIPS

If you are attending a BODYBALANCE®/BODYFLOW® training we would recommend you to bring your own mat.

## WEBINARS | THE TIMEZONE FOR ALL WEBINARS IS CENTRAL EUROPEAN TIME - CET

Date	Time	Program	Language	Trainer	Note
19-May	19:00-19:45	<b>BODYCOMBAT®</b>	Online - Finnish	Eerika Bui & Mika Kankainen	
19-May	20:00-20:45	<b>RPM®</b>	Online - English	Eerika Bui & Adam Gripenblom	
20-May	19:00-19:45	<b>BODYJAM®</b>	Online - English	Janni Lindgren & Charlotte Carlén	
20-May	20:00-20:45	<b>LES MILLS BARRE™</b>	Online - English	Janni Lindgren & Charlotte Carlén	
21-May	19:00-19:45	<b>BODYATTACK®</b>	Online - English	Mathilda Björck & Kristin Andersson	
21-May	20:00-20:45	<b>BODYPUMP®</b>	Online - Swedish	Michael Steenhouwer & Kristin Andersson	
21-May	21:00-21:45	<b>BODYBALANCE®/BODYFLOW®</b>	Online - Swedish	Kristin Andersson & Hanna Lundh	
22-May	21:00-21:45	<b>BODYPUMP®</b>	Online - Finnish	Susanna Varsanpää & Arja Vanhanen	
22-May	19:00-19:45	<b>LES MILLS TONE™</b>	Online - English	Kristin Andersson & Arja Vanhanen	
22-May	20:00-20:45	<b>SH'BAM®</b>	Online - English	Charlotte Carlén & Janni Lindgren	
23-May	19:00-19:45	<b>LES MILLS GRIT®</b>	Online - English	Elin Hellström & Hanna Lundh	
23-May	20:00-20:45	<b>CXWORX®</b>	Online - Swedish	Elin Hellström & Kristin Andersson	
23-May	21:00-21:45	<b>BODYPUMP®</b>	Online - Swedish	Michael Steenhouwer & Kenneth Mose	
26-May	20:00 - 20:45	<b>LES MILLS SPRINT™</b>	Online - English	Ida Sarström & Adam Gripenblom	
27-May	19:00-19:45	<b>THE TRIP™</b>	Online - English	Adam Gripenblom & Kristin Andersson	
27-May	20:00-20:45	<b>BODYSTEP®</b>	Online - English	Susanna Varsanpää & Tor Andersen	
27-May	21:00-21:45	<b>BODYBALANCE®/BODYFLOW®</b>	Online - English	Tor Andersen & Hanna Lundh	
28-May	20:00-20:45	<b>BODYBALANCE®</b>	Online - Finnish	Arja Vanhanen & Susanna Varsanpää	
28-May	21:00-21:45	<b>CXWORX®</b>	Online - English	Elin Hellström & Kristin Andersson	
29-May	19:00-19:45	<b>SH'BAM®</b>	Online - Finnish	Janni Lindgren & Kimmo Jukuri	
29-May	20:00-20:45	<b>BODYPUMP®</b>	Online - English	Susanna Varsanpää & Kenneth Mose	
29-May	21:00-21:45	<b>BODYCOMBAT®</b>	Online - English	Hanna Lundh & Szymon Wesolowski	
30-May	20:00 - 20:45	<b>BODYPUMP®</b>	Online - Polish	Szymon Wesolowski & Pawel Jeziorek	
30-May	21:00-21:45	<b>BODYPUMP®</b>	Online - English	Michael Steenhouwer & Szymon Wesolowski	

# SWEDEN I

City	Date	Time	Program	Location	Trainer	Note
LULEÅ	26-May	13:00 - 14:45	<b>BODYPUMP®</b>	Inpuls	Mathilda Björck	
	26-May	15:15 - 16:30	<b>LES MILLS GRIT®</b>	Inpuls	Mathilda Björck	
UMEÅ	19-May	10:00 - 11:45	<b>BODYPUMP®</b>	IKSU Sport	Elin Atlebond	
	19-May	12:00 - 13:15	<b>LES MILLS SPRINT™</b>	IKSU Sport	Adam Gripenblom	
	19-May	13:45 - 15:15	<b>RPM®</b>	IKSU Sport	Adam Gripenblom	
STOCKHOLM	22-May	06:30 - 08:15	<b>BODYPUMP®</b>	SATS Hötorget	Emmy Örn	
<b>SUPER QUARTERLY   LES MILLS INNOVATION</b>						
	25-May	09:00 - 09:45	<b>BODYBALANCE®</b>	Clarion Sign - Innovation	Tor Andersen & Hanna Lundh	
	25-May	09:50 - 10:35	<b>BODYATTACK®</b>	Clarion Sign - Innovation	Lydia Johansson, Julia Pohjanen & Daniel Isaksson	
	25-May	10:40 - 11:10	<b>CXWORX®</b>	Clarion Sign - Innovation	Elin Hellström & Julia Pohjanen	
	25-May	11:15 - 11:45	<b>LES MILLS TONE™</b>	Clarion Sign - Innovation	Tor Andersen	
	25-May	11:55 - 12:25	<b>LES MILLS GRIT® - Athletic</b>	Clarion Sign - Innovation	Elin Hellström & Martin Krook	
	25-May	12:35 - 13:05	<b>HIIT LECTURE</b>	Clarion Sign - Innovation	Elin Hellström & Michael Steenhouwer	
	25-May	13:10 - 13:55	<b>BODYSTEP®</b>	Clarion Sign - Innovation	Tor Andersen, Lydia Johansson & Julia Pohjanen	
	25-May	14:05 - 14:35	<b>LES MILLS BARRE™</b>	Clarion Sign - Innovation	Dorotka Baburin & Janni Lindgren	
	25-May	14:40 - 15:25	<b>BODYCOMBAT®</b>	Clarion Sign - Innovation	Michael Steenhouwer, Cristine Skogastierna & Daniel Isaksson	
	25-May	15:30 - 16:15	<b>SH'BAM®</b>	Clarion Sign - Innovation	Kimmo Jukuri, Dorotka Baburin & Janni Lindgren	
	25-May	16:20 - 16:50	<b>LES MILLS GRIT® - Cardio</b>	Clarion Sign - Innovation	Michael Steenhouwer & Hanna Lundh	
	25-May	16:55 - 17:40	<b>BODYJAM®</b>	Clarion Sign - Innovation	Kimmo Jukuri, Dorotka Baburin & Hanna Lundh	
	26-May	09:00 - 10:45	<b>BODYPUMP®</b>	Nordic Wellness Lindhagen	Martin Krook	
	26-May	11:15 - 12:30	<b>LES MILLS SPRINT™</b>	Nordic Wellness Lindhagen	Martin Krook	
	26-May	12:45 - 14:15	<b>RPM®</b>	Nordic Wellness Lindhagen	Olivia Lundkvist	
	26-May	14:45 - 16:30	<b>BODYPUMP®</b>	Nordic Wellness Lindhagen	Olivia Lundkvist	

<b>STOCKHOLM</b>	01-Jun	09:00 - 10:45	<b>BODYBALANCE®</b>	Nordic Wellness - KTH-hallen	Kenneth Mose	
	01-Jun	11:00 - 12:15	<b>CXWORX®</b>	Nordic Wellness - KTH-hallen	Kenneth Mose	
	01-Jun	12:30 - 14:15	<b>BODYPUMP®</b>	Nordic Wellness - KTH-hallen	Pernilla Andersson	
	01-Jun	14:30 - 16:15	<b>BODYSTEP®</b>	Nordic Wellness - KTH-hallen	Pernilla Andersson	
	01-Jun	08:30 - 10:15	<b>BODYCOMBAT®</b>	Nordic Wellness Östermalm	Michael Steenhouwer	
	01-Jun	10:30 - 11:45	<b>LES MILLS GRIT® - Strength</b>	Nordic Wellness Östermalm	Michael Steenhouwer	Masterclass: Strength
	01-Jun	12:00 - 13:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Östermalm	Jim Berg	
	01-Jun	13:45 - 15:15	<b>RPM®</b>	Nordic Wellness Östermalm	Jim Berg	
	02-Jun	12:00 - 13:30	<b>BODYPUMP® - 45 min</b>	Nordic Wellness - KTH-hallen	Ida Sarström	Masterclass: 45 min Express Format
	02-Jun	13:45-15:00	<b>LES MILLS GRIT® - Cardio</b>	Nordic Wellness - KTH-hallen	Ida Sarström	Masterclass: Cardio
	02-Jun	15:15-16:30	<b>CXWORX®</b>	Nordic Wellness - KTH-hallen	Kristin Andersson	
	02-Jun	16:45-18:30	<b>BODYBALANCE®</b>	Nordic Wellness - KTH-hallen	Kristin Andersson	
	02-Jun	09:00 - 10:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Östermalm	Jimmy Liew	
	02-Jun	10:45 - 12:15	<b>RPM®</b>	Nordic Wellness Östermalm	Jimmy Liew	
<b>ÖREBRO</b>	19-May	12:15 - 14:00	<b>BODYPUMP®</b>	Nordic Wellness Örebro Arena	Michael Steenhouwer	
	19-May	14:15 - 15:30	<b>CXWORX®</b>	Nordic Wellness Örebro Arena	Michael Steenhouwer	
<b>NORRKÖPING</b>	02-Jun	10:15 - 12:00	<b>BODYPUMP®</b>	World Class Norrköping Pronova	Kenneth Mose	
	02-Jun	12:15 - 14:00	<b>BODYBALANCE®</b>	World Class Norrköping Pronova	Kenneth Mose	
<b>GÖTEBORG</b>	15-May	06:45 - 08:30	<b>BODYPUMP®</b>	Nordic Wellness Backaplan	Ida Sarström	
	17-May	06:30 - 07:45	<b>CXWORX®</b>	Nordic Wellness Exclusive	Karin Björneloo	
	18-May	12:00 - 13:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Backaplan	Pernilla Andersson	
	18-May	12:30 - 14:15	<b>BODYBALANCE®</b>	Nordic Wellness Backaplan	Hanna Lundh	
	18-May	14:30 - 16:00	<b>BODYPUMP® - 45 min</b>	Nordic Wellness Backaplan	Pernilla Andersson	Masterclass: 45 min Express Format
	18-May	16:15-17:30	<b>LES MILLS GRIT®</b>	Nordic Wellness Backaplan	Hanna Lundh	
	18-May	09:00 - 10:45	<b>LES MILLS TONE™</b>	STC Backa Entré	Kristin Andersson	
	18-May	11:00 - 12:15	<b>CXWORX®</b>	STC Backa Entré	Kristin Andersson	
	18-May	12:30 - 13:45	<b>LES MILLS BARRE™</b>	STC Backa Entré	Charlotte Carlén	
18-May	14:00 - 15:45	<b>BODYJAM®</b>	STC Backa Entré	Charlotte Carlén		

<b>GÖTEBORG</b>	19-May	14:00 - 15:45	<b>BODYATTACK®</b>	STC Backa Entré	Mathilda Björck	
	19-May	16:00 - 17:15	<b>LES MILLS GRIT® - Strength</b>	STC Backa Entré	Mathilda Björck	Masterclass: Strength
	19-May	17:30 - 19:15	<b>BODYCOMBAT®</b>	STC Backa Entré	Daniel Isaksson	
	19-May	14:00 - 15:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Backaplan	Ida Sarström	
	19-May	15:45 - 17:15	<b>RPM®</b>	Nordic Wellness Backaplan	Ida Sarström	
	19-May	11:15 - 13:00	<b>BODYPUMP®</b>	Nordic Wellness Stigs Center	Martin Krook	
	19-May	13:15 - 14:30	<b>CXWORX®</b>	Nordic Wellness Stigs Center	Anna-Karin Wikström	
	19-May	14:45 - 16:30	<b>BODYBALANCE®</b>	Nordic Wellness Stigs Center	Anna-Karin Wikström	
	25-May	10:00 - 11:45	<b>BODYPUMP®</b>	STC Backa Entré	Karin Björneloo	
	25-May	12:15 - 13:30	<b>CXWORX®</b>	STC Backa Entré	Karin Björneloo	
25-May	13:45 - 15:15	<b>SH'BAM®</b>	STC Backa Entré	Karin Björneloo		
25-May	12:00 - 13:30	<b>RPM®</b>	Nordic Wellness Backaplan	Jim Berg		
25-May	14:00 - 15:45	<b>BODYBALANCE®</b>	Nordic Wellness Backaplan	Jim Berg		
26-May	11:15 - 13:00	<b>BODYCOMBAT®</b>	Nordic Wellness Stigs Center	Marco Mazza Klemi		
26-May	13:15 - 15:00	<b>BODYATTACK®</b>	Nordic Wellness Stigs Center	Julia Pohjanen		
26-May	15:15 - 17:00	<b>BODYSTEP®</b>	Nordic Wellness Stigs Center	Julia Pohjanen		
26-May	10:00 - 11:45	<b>BODYPUMP®</b>	Nordic Wellness Backaplan	Karin Björneloo		
26-May	12:15 - 13:30	<b>LES MILLS GRIT® - Cardio</b>	Nordic Wellness Backaplan	Karin Björneloo	Masterclass: Cardio	
26-May	12:30 - 14:00	<b>RPM®</b>	Nordic Wellness Backaplan	Jimmy Liew		
26-May	14:30 - 15:45	<b>LES MILLS SPRINT™</b>	Nordic Wellness Backaplan	Jimmy Liew		
<b>VÄXJÖ</b>	18-May	12:30 - 14:15	<b>BODYPUMP®</b>	Moves & Motivation	Karin Björneloo	
	18-May	14:45 - 16:00	<b>CXWORX®</b>	Moves & Motivation	Karin Björneloo	
<b>HELSINGBORG</b>	18-May	09:00 - 10:45	<b>BODYPUMP®</b>	Filborna Arena	Emelie Orosz	
	18-May	11:15 - 12:30	<b>LES MILLS GRIT®</b>	Filborna Arena	Emelie Orosz	
	18-May	12:45 - 14:00	<b>CXWORX®</b>	Filborna Arena	Anna-Karin Wikström	
	18-May	14:15 - 16:00	<b>BODYBALANCE®</b>	Filborna Arena	Anna-Karin Wikström	

<b>MALMÖ</b>	25-May	13:00 - 14:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Emporia	Jimmy Liew	
	25-May	14:45 - 16:15	<b>RPM®</b>	Nordic Wellness Emporia	Jimmy Liew	
	25-May	10:45 - 12:00	<b>CXWORX®</b>	Kockum Fritid	Andy Valencia	
	25-May	13:00 - 14:45	<b>BODYCOMBAT®</b>	Kockum Fritid	Marco Mazza Klemi	
	26-May	09:45 - 11:00	<b>LES MILLS SPRINT™</b>	Nordic Wellness Emporia	Adam Gripenblom	
	26-May	12:30 - 14:00	<b>RPM®</b>	Nordic Wellness Emporia	Adam Gripenblom	
	26-May	14:00 - 15:15	<b>LES MILLS GRIT® - Cardio</b>	Nordic Wellness Emporia	Hanna Lundh	Masterclass: Cardio
	26-May	15:30 - 17:15	<b>BODYBALANCE®</b>	Nordic Wellness Emporia	Hanna Lundh	
	26-May	17:30 - 19:00	<b>BODYPUMP® - 45 min</b>	Nordic Wellness Emporia	Mikkel Hjorth	Masterclass: 45 min Express Format
	01-Jun	09:15 - 11:00	<b>BODYBALANCE®</b>	Kockum Fritid	Kristin Andersson	
	01-Jun	11:15 - 13:00	<b>LES MILLS TONE™</b>	Kockum Fritid	Kristin Andersson	
	01-Jun	13:00 - 14:45	<b>BODYATTACK®</b>	Kockum Fritid	Lydia Johansson	
	01-Jun	15:00 - 16:45	<b>BODYSTEP®</b>	Kockum Fritid	Lydia Johansson	
	01-Jun	12:30 - 14:15	<b>BODYCOMBAT®</b>	Nordic Wellness Emporia	Cristine Skogastierna	
	01-Jun	14:45 - 16:00	<b>CXWORX®</b>	Nordic Wellness Emporia	Cristine Skogastierna	
	01-Jun	12:00 - 13:45	<b>BODYPUMP®</b>	SATS Västra hamnen	Martin Krook	
	01-Jun	14:15 - 15:30	<b>LES MILLS GRIT® - Strength</b>	SATS Västra hamnen	Martin Krook	Masterclass: Strength
	02-Jun	12:30 - 14:00	<b>SH'BAM®</b>	Kockum fritid	Niklas Bohlin	
	02-Jun	14:15 - 15:30	<b>LES MILLS BARRE™</b>	Kockum fritid	Niklas Bohlin	
	02-Jun	13:00 - 14:45	<b>BODYPUMP®</b>	SATS Västra hamnen	Charlotte Carlén	
	02-Jun	15:00 - 16:45	<b>BODYJAM®</b>	SATS Västra hamnen	Charlotte Carlén	



# NORWAY I

City	Date	Time	Program	Location	Trainer	Note
OSLO	26-May	11:00-12:45	BODYBALANCE®	SATS Bislett	Stine Pedersen	
	26-May	14:00-15:45	BODYPUMP® - 45 min	SATS Bislett	Maria Carmen Øyhovden	Masterclass: 45 min Express Format
	26-May	10:00-11:45	BODYSTEP®	Fresh Fitness Majorstuen	Marthe Fyndal Havnås	
	26-May	13:15-14:30	CXWORX®	Fresh Fitness Majorstuen	Sander Johansen	
	26-May	14:45-16:30	BODYATTACK®	Fresh Fitness Majorstuen	Sander Johansen	
	01-Jun	13:00-14:15	GRIT®	ELIXIA Carl Berner	Jorge Scott Neyra	
	01-Jun	14:30-16:15	BODYCOMBAT®	ELIXIA Carl Berner	Jorge Scott Neyra	
DRAMMEN	25-May	08:00-09:45	BODYPUMP®	Akropolis Åssiden	Olivia Lundkvist	
	25-May	10:30-12:15	RPM®	Akropolis Åssiden	Olivia Lundkvist	
	25-May	10:00-11:45	SH' BAM®	Akropolis Åssiden	Ragnhild Lien	
	25-May	12:00-13:45	BODYBALANCE®	Akropolis Åssiden	Ragnhild Lien	
	25-May	14:00-15:45	LES MILLS TONE™	Akropolis Åssiden	Maria Carmen Øyhovden	
	25-May	16:00-17:45	BODYATTACK®	Akropolis Åssiden	Sander Johansen	
	25-May	18:00-19:45	CXWORX®	Akropolis Åssiden	Sander Johansen	
STAVANGER	02-Jun	11:15-13:00	BODYBALANCE®	Arena Treningssenter Hinna	Ragnhild Lien	
	02-Jun	13:15-14:30	CXWORX®	Arena Treningssenter Hinna	Ragnhild Lien	
	02-Jun	14:45-16:00	GRIT®	Arena Treningssenter Hinna	Jorge Scott Neyra	
	02-Jun	16:15-18:00	BODYPUMP®	Arena Treningssenter Hinna	Jorge Scott Neyra	
BERGEN	01-Jun	14:10-15:50	BODYBALANCE®	SATS Bergen	Stine Pedersen	
	01-Jun	16:00-17:45	BODYPUMP®	SATS Bergen	Marthe Fyndal Havnås	

## DENMARK I

City	Date	Time	Program	Location	Trainer	Note
COPENHAGEN	18-May	11:30-13:15	BODYFLOW®	SATS Frederiksberg - Falkoner	Kenneth Mose	
	18-May	13:30-15:00	LES MILLS SPRINT™	SATS Frederiksberg - Falkoner	Kenneth Mose	
	18-May	14:30-16:15	BODYPUMP® - 45 min	SATS Frederiksberg - Falkoner	Mathilda Björck	Masterclass: 45 min Express Format
	18-May	16:30-18:15	BODYATTACK®	SATS Frederiksberg - Falkoner	Mathilda Björck	
	18-May	11:30-13:15	BODYCOMBAT®	SATS København - Amager Strand	Andy Valencia	
	18-May	13:15-14:45	CXWORX®	SATS København - Amager Strand	Andy Valencia	
	19-May	15:30-17:15	RPM®	SATS København - Amager Strand	Ditte Sommer Weinreich	
	19-May	17:30-19:15	BODYSTEP®	SATS København - Amager Strand	Ditte Sommer Weinreich	
	19-May	12:15-14:00	SH'BAM®	SATS København - Fisketorvet	Naja Lindberg	
	19-May	14:15-15:30	LES MILLS BARRE™	SATS København - Fisketorvet	Naja Lindberg	
	25-May	14:30-16:15	BODYJAM®	SATS Frederiksberg - Falkoner	Claudia Kupferschmidt de la Mau	
	26-May	12:15-14:00	BODYPUMP®	SATS København - Fisketorvet	Mikkel Hjort	
	26-May	14:15-16:00	BODYFLOW®	SATS København - Fisketorvet	Paya Johansen	
	26-May	16:15-17:30	LES MILLS GRIT®	SATS København - Fisketorvet	Paya Johansen	
	01-Jun	11:15-13:00	LES MILLS TONE™	Kockum Fritid Malmö	Kristin Andersson	To register mail: <a href="mailto:nordic@lesmills.com">nordic@lesmills.com</a>
AALBORG	18-May	11:30-13:15	BODYPUMP®	DGI-HUSET Nordkraft Aalborg	Mikkel Hjort	
	18-May	13:45-15:30	BODYCOMBAT®	DGI-HUSET Nordkraft Aalborg	Mikkel Hjort	
ODENSE	25-May	13:00-14:45	BODYPUMP®	OBBC	Mikkel Hjort	
	25-May	15:00-16:45	BODYCOMBAT®	OBBC	Mikkel Hjort	
	25-May	17:00-18:45	BODYFLOW®	OBBC	Paya Johansen	

## FINLAND I

City	Date	Time	Program	Location	Trainer	Note
HELSINKI	17-May	18:45 - 20:15	<b>BODYPUMP® 45</b>	Esport Bristol	Pia Niemi	
	18-May	09:00 - 10:45	<b>BODYBALANCE®</b>	Forever Herttoniemi	Jarno Tynkkynen	
	18-May	11:00 - 12:15	<b>LES MILLS GRIT®</b>	Forever Herttoniemi	Jarno Tynkkynen	
	18-May	12:30 - 14:15	<b>BODYCOMBAT®</b>	Forever Herttoniemi	Pia Niemi	
	18-May	14:30 - 16:15	<b>BODYPUMP®</b>	Forever Herttoniemi	Pia Niemi	
	18-May	16:30 - 18:15	<b>BODYSTEP®</b>	Forever Herttoniemi	Susanna Varsanpää	
	18-May	16:45 - 18:00	<b>LES MILLS SPRINT™</b>	Forever Herttoniemi	Kira Tiivola	
	18-May	18:15 - 20:00	<b>BODYATTACK®</b>	Forever Herttoniemi	Kira Tiivola	
	26-May	09:00 - 10:30	<b>RPM®</b>	Lauttasaaren Liikuntakeskus	Eerika Bui	
	26-May	09:00 - 10:30	<b>LES MILLS TONE™</b>	Lauttasaaren Liikuntakeskus	Arja Vanhanen	
	26-May	10:45 - 12:00	<b>CXWORX®</b>	Lauttasaaren Liikuntakeskus	Arja Vanhanen	
	26-May	12:15 - 14:00	<b>BODYBALANCE®</b>	Lauttasaaren Liikuntakeskus	Arja Vanhanen	
	26-May	14:15 - 15:45	<b>SH'BAM®</b>	Lauttasaaren Liikuntakeskus	Tia Tynkkynen	
	26-May	16:00 - 17:45	<b>BODYJAM®</b>	Lauttasaaren Liikuntakeskus	Janni Lindgren	
	26-May	18:00 - 19:15	<b>LES MILLS BARRE™</b>	Lauttasaaren Liikuntakeskus	Janni Lindgren	
TURKU	18-May	09:00 - 10:15	<b>LES MILLS SPRINT™</b>	Fitness24seven Turku Port Arthur	Mika Kankainen	
	18-May	10:30 - 12:15	<b>BODYCOMBAT®</b>	Fitness24seven Turku Port Arthur	Mika Kankainen	
	18-May	12:30 - 14:15	<b>BODYPUMP®</b>	Fitness24seven Turku Port Arthur	Kimmo Jukuri	
	18-May	14:30 - 16:15	<b>BODYJAM®</b>	Fitness24seven Turku Port Arthur	Kimmo Jukuri	
	18-May	16:30 - 18:00	<b>SH'BAM®</b>	Fitness24seven Turku Port Arthur	Tia Tynkkynen	
TAMPERE	19-May	12:00 - 13:45	<b>BODYPUMP®</b>	GOGO Park	Susanna Varsanpää	
	19-May	14:00 - 15:45	<b>BODYBALANCE®</b>	GOGO Park	Susanna Varsanpää	
	19-May	14:00 - 15:30	<b>THE TRIP™</b>	GOGO Park	Eerika Bui	
	19-May	16:00 - 17:45	<b>BODYCOMBAT®</b>	GOGO Park	Guilherme Reis	
	19-May	18:00 - 19:30	<b>RPM®</b>	GOGO Park	Guilherme Reis	

<b>LAHTI</b>	26-May	10:00 - 11:45	<b>BODYATTACK®</b>	Fressi Lahti	Kira Tiivola
	26-May	12:00 - 13:45	<b>BODYPUMP®</b>	Fressi Lahti	Niko Viskari
	26-May	14:00 - 15:45	<b>BODYCOMBAT®</b>	Fressi Lahti	Guilherme Reis
<b>SEINÄJOKI</b>	18-May	09:00 - 10:45	<b>BODYPUMP®</b>	Easyfit Seinäjoki	Niko Viskari
	18-May	11:00 - 12:45	<b>BODYATTACK®</b>	Easyfit Seinäjoki	Niko Viskari
	18-May	13:00 - 14:30	<b>LES MILLS TONE™</b>	Easyfit Seinäjoki	Arja Vanhanen
	18-May	14:45 - 16:30	<b>BODYBALANCE®</b>	Easyfit Seinäjoki	Arja Vanhanen
<b>KUOPIO</b>	19-May	09:00 - 10:45	<b>BODYATTACK®</b>	Kunnonsali Kuopio	Niko Viskari
	19-May	11:00 - 12:45	<b>BODYBALANCE®</b>	Kunnonsali Kuopio	Niko Viskari
	19-May	13:00 - 14:15	<b>LES MILLS GRIT®</b>	Kunnonsali Kuopio	Jarno Tynkkynen
	19-May	14:30 - 16:15	<b>BODYPUMP®</b>	Kunnonsali Kuopio	Jarno Tynkkynen
	19-May	16:30 - 18:15	<b>BODYSTEP®</b>	Kunnonsali Kuopio	Hanne Vilpponen
<b>OULU</b>	19-May	09:00 - 10:45	<b>BODYPUMP®</b>	Liikuntakeskus Hukka	Mika Kankainen
	19-May	11:00 - 12:15	<b>LES MILLS SPRINT™</b>	Liikuntakeskus Hukka	Mika Kankainen
	19-May	12:30 - 14:15	<b>BODYCOMBAT®</b>	Liikuntakeskus Hukka	Karo Nyman
	19-May	14:45 - 16:15	<b>SH'BAM®</b>	Liikuntakeskus Hukka	Janni Lindgren
	19-May	16:30 - 18:15	<b>BODYJAM®</b>	Liikuntakeskus Hukka	Janni Lindgren
	19-May	18:25 - 19:40	<b>LES MILLS BARRE™</b>	Liikuntakeskus Hukka	Janni Lindgren

## POLAND | ROMANIA

City	Date	Time	Program	Location	Trainer	Note	
WARSAW	<b>SUPER QUARTERLY   LESMILLS SUPERDAY</b>			Klub Stodoła			
	11-May	13:00-13:45	<b>BODYATTACK®</b>	Les Mills SUPERDAY	Elin Hellström, Niko Viskari, Justyna Szarawarska		
	11-May	14:00-14:45	<b>SH`BAM®</b>	Les Mills SUPERDAY	Natalia Litwiniuk, Karin Björneloo, Naja Lindberg		
	11-May	15:00-15:30	<b>LES MILLS BARRE™</b>	Les Mills SUPERDAY	Natalia Litwiniuk, Naja Lindberg		
	11-May	15:45-16:15	<b>GRIT® - Cardio</b>	Les Mills SUPERDAY	Elin Hellström, Szymon Wesolowski, Michael Steenhouwer, Emelie Orosz		
	11-May	16:45-17:15	<b>CXWORX®</b>	Les Mills SUPERDAY	Pawel Jeziorek, Elin Hellström, Karin Björneloo		
	11-May	17:30-18:30	<b>BODYBALANCE®</b>	Les Mills SUPERDAY	Natalia Litwiniuk, Niko Viskari		
	11-May	18:45-19:45	<b>BODYCOMBAT®</b>	Les Mills SUPERDAY	Szymon Wesolowski, Michael Steenhouwer, Edyta Długa		
	11-May	13:00-13:45	<b>BODYPUMP®</b>	Les Mills SUPERDAY	Michael Steenhouwer, Edyta Długa		
	11-May	14:00-14:45	<b>BODYPUMP®</b>	Les Mills SUPERDAY	Emelie Orosz, Szymon Wesolowski		
	11-May	15:00-15:45	<b>BODYPUMP®</b>	Les Mills SUPERDAY	Justyna Szarawarska, Pawel Jeziorek		
	11-May	16:00-16:45	<b>BODYPUMP®</b>	Les Mills SUPERDAY	Niko Viskari, Kamil Zielinski		
	11-May	17:00-17:30	<b>GRIT® - Strength</b>	Les Mills SUPERDAY	Emelie Orosz, Szymon Wesolowski	Masterclass: Strength	
	11-May	17:45-18:15	<b>GRIT® - Strength</b>	Les Mills SUPERDAY	Edyta Długa, Pawel Jeziorek	Masterclass: Strength	
	11-May	18:30-19:00	<b>GRIT® - Athletic</b>	Les Mills SUPERDAY	Karin Björneloo, Kamil Zielinski	Masterclass: Athletic	
	11-May	19:15-19:45	<b>GRIT® - Athletic</b>	Les Mills SUPERDAY	Elin Hellström, Pawel Jeziorek	Masterclass: Athletic	
	KRAKOW	19-May	12:00-13:45	<b>BODYPUMP®</b>	My Fitness Place Zakopiańska	Edyta Długa	
	WARSAW	25-May	13:00-14:45	<b>BODYPUMP®</b>	Fabryka Formy Rondo 1	Pawel Jeziorek	
25-May		15:00-16:45	<b>BODYBALANCE®</b>	Fabryka Formy Rondo 1	Natalia Litwiniuk		
25-May		17:00-18:15	<b>CXWORX®</b>	Fabryka Formy Rondo 1	Pawel Jeziorek		
POZNAN	26-May	10:00-11:45	<b>BODYPUMP®</b>	StepONE Poznan	Justyna Szarawarska		
	26-May	12:00-13:45	<b>BODYCOMBAT®</b>	StepONE Poznan	Szymon Wesolowski		
	26-May	14:00-15:15	<b>LES MILLS GRIT®</b>	StepONE Poznan	Szymon Wesolowski		

## CZECH | SLOVAKIA

City	Date	Time	Program	Location	Trainer	Note
KOSICE	31-May	15:00-16:15	LES MILLS SPRINT™	Nenonka OPTIMA	Adam Gripenblom	
	31-May	16:30-18:00	THE TRIP™	Nenonka OPTIMA	Adam Gripenblom	
	31-May	18:15-20:00	RPM®	Nenonka OPTIMA	Adam Gripenblom	
PRAGUE	01-Jun	10:00-11:45	BODYPUMP®	Form Factory EDEN	Filip Kulstrunk	
	01-Jun	12:00-13:45	BODYATTACK®	Form Factory EDEN	Veronika Benesova	
	01-Jun	14:00-15:45	LES MILLS TONE®	Form Factory EDEN	Sylvie Smrckova Milanova	
	01-Jun	16:00-17:45	BODYCOMBAT®	Form Factory EDEN	Filip Kulstrunk	
	01-Jun	18:00-19:45	BODYBALANCE®	Form Factory EDEN	Sylvie Smrckova Milanova	

## ESTONIA |

City	Date	Time	Program	Location	Trainer	Note
TALLINN	25-May	10:00 - 11:45	BODYBALANCE®	MyFitness Rävåla	Kersti Ojalill	
	25-May	12:00 - 13:45	BODYPUMP®	MyFitness Rävåla	Siim Kelner	
	25-May	14:00 - 15:45	BODYPUMP®	MyFitness Rävåla	Siim Kelner	
	26-May	10:00 - 11:45	BODYCOMBAT®	MyFitness Rävåla	Daniel Isaksson	
	26-May	12:00 - 13:45	BODYATTACK®	MyFitness Rävåla	Daniel Isaksson	