



INITIAL TRAINING

2019-2020

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

SWEDEN 1:2

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
MAY			AUGUST		
04-05 MAY	CXWORX®	Gothenburg	17-18 AUG	SH'BAM®	Gothenburg
04-05 MAY	SH'BAM®	Stockholm	17-18 AUG	BODYPUMP®	Gothenburg
11-12 MAY	BODYATTACK®	Stockholm	17-18 AUG	BODYATTACK®	Stockholm
11-12 MAY	BORN TO MOVE®	Gothenburg	24-25 AUG	BORN TO MOVE®	Gothenburg
JUNE			24-25 AUG	BODYJAM®	Gothenburg
08-09 JUN	LES MILLS SPRINT™	Stockholm	24-25 AUG	LES MILLS TONE™	Gothenburg
08-09 JUN	BODYPUMP®	Stockholm	SEPTEMBER		
15-16 JUN	BODYBALANCE®	Gothenburg	31 AUG-01 SEP	BODYPUMP®	Stockholm
15-16 JUN	LES MILLS TONE™	Stockholm	31 AUG-01 SEP	BODYBALANCE®	Gothenburg
29-30 JUN	LES MILLS GRIT®	Stockholm	31 AUG-01 SEP	LES MILLS GRIT®	Stockholm
29-30 JUN	LES MILLS BARRE™	Stockholm	31 AUG-01 SEP	BODYCOMBAT®	Stockholm
JULY			28-29 SEP	BODYPUMP®	Gothenburg
06-07 JUL	CXWORX®	Stockholm	28-29 SEP	CXWORX®	Stockholm
13-14 JUL	BODYPUMP®	Gothenburg	28-29 SEP	BODYATTACK®	Gothenburg
13-14 JUL	BODYCOMBAT®	Stockholm	28-29 SEP	LES MILLS SPRINT™	Stockholm
20-21 JUL	BODYATTACK®	Gothenburg	OCTOBER		
21-21 JUL	BORN TO MOVE®	Stockholm	05-06 OCT	BODYPUMP®	Stockholm
AUGUST			05-06 OCT	BODYCOMBAT®	Gothenburg
03-04 AUG	BODYPUMP®	Stockholm	12-13 OCT	BODYBALANCE®	Stockholm
03-04 AUG	LES MILLS GRIT®	Gothenburg	12-13 OCT	LES MILLS GRIT®	Gothenburg
03-04 AUG	BODYBALANCE®	Stockholm	12-13 OCT	BODYPUMP®	Umeå
03-04 AUG	LES MILLS SPRINT™	Gothenburg	19-20 OCT	BODYPUMP®	Gothenburg
10-11 AUG	RPM®	Gothenburg	19-20 OCT	LES MILLS BARRE™	Malmö
10-11 AUG	CXWORX®	Gothenburg	19-20 OCT	RPM®	Stockholm
10-11 AUG	BODYCOMBAT®	Gothenburg	26-27 OCT	CXWORX®	Gothenburg
10-11 AUG	BODYSTEP®	Stockholm	26-27 OCT	BODYATTACK®	Stockholm

SWEDEN 2:2

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

DENMARK

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

NORWAY

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
MAY			JANUARY - 2020		
11-12-MAY	BODYPUMP®	Oslo	18-19 JAN	BODYATTACK®	Stavanger
JUNE			25-26 JAN	BODYBALANCE®	Oslo
29-30 JUN	BODYPUMP®	Oslo	FEBRUARY - 2020		
AUGUSTI			01-02 FEB	BODYPUMP®	Drammen
03-04 AUG	LES MILLS TONE™	Oslo	01-02 FEB	LES MILLS TONE™	Oslo
10-11 AUG	BODYBALANCE®	Drammen	08-09 FEB	CXWORX®	Oslo
17-18 AUG	BODYATTACK®	Oslo	15-16 FEB	LES MILLS SPRINT™	Oslo
24-25 AUG	CXWORX®	Oslo	MARCH - 2020		
SEPTEMBER			14-15 MAR	BODYATTACK®	Oslo
31 AUG - 01 SEP	BODYPUMP®	Oslo	28-29 MAR	BODYBALANCE®	Stavanger
28-29 SEPT	LES MILLS GRIT®	Oslo			
OCTOBER					
05-06 OCT	BODYPUMP®	Trondheim			
12-13 OCT	BODYATTACK®	Oslo			
19-20 OCT	BODYBALANCE®	Oslo			
26-27 OCT	BODYCOMBAT®	Oslo			
DECEMBER					
14-15 DEC	BODYPUMP®	Oslo			
14-15 DEC	BODYSTEP®	Oslo			

FINLAND

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

ESTONIA

CZECH & SLOVAKIA

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

POLAND & ROMANIA

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