

LES MILLS - ADVANCED TRAINING 2019 - 2020

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DATE	PROGRAM	CITY	COUNTRY	DATE	PROGRAM	CITY	COUNTRY
MAY				AUGUST			
04-05 MAY	BODYSTEP®	Stockholm	Sweden	17-18 AUG	SH'BAM®	Stockholm	Sweden
04-05 MAY	CXWORX® & BODYBALANCE®	Helsinki	Finland	24-25 AUG	RPM®	Gothenburg	Sweden
04-05 MAY	BODYPUMP®	Aarhus	Denmark	31 AUG-01 SEP	BODYPUMP®	Gothenburg	Sweden
11-12 MAY	BODYPUMP®	Stockholm	Sweden	31 AUG -01 SEP	BODYBALANCE®	Prague	Czech
11-12 MAY	BODYPUMP®	Prague	Czech	SEPTEMBER			
11-12 MAY	BODYPUMP®	Bucharest	Romania	09.SEP	BODYPUMP®	Online	6 week course
JUNE				09.SEP	BODYBALANCE®	Online	6 week course
08-09 JUN	BODYBALANCE®	Warszawa	Poland	09.SEP	CXWORX®	Online	6 week course
08-09 JUN	LES MILLS GRIT®	Stockholm	Sweden	09.SEP	BODYCOMBAT®	Online	6 week course
08-09 JUN	BODYCOMBAT® & BODYATTACK®	Tallinn	Estonia	21-22 SEP	BODYATTACK®	Oslo	Norway
15-16 JUN	BODYCOMBAT®	Gothenburg	Sweden	21-22 SEP	CXWORX®	Warszawa	Poland
15-16 JUN	LES MILLS GRIT®	Warszawa	Poland	28-29 SEP	BODYFLOW®	Copenhagen	Denmark
15-16 JUN	BODYFLOW®	Copenhagen	Denmark	28-29 SEP	LES MILLS SPRINT™	Gothenburg	Sweden
15-16 JUN	BODYPUMP®	Helsinki	Finland	28-29 SEP	SH'BAM® & BODYJAM®	Helsinki	Finland
15-16 JUN	BODYCOMBAT®	Warszawa	Poland	28-29 SEP	BODYJAM®	Stockholm	Sweden
22-23 JUN	BODYCOMBAT®	Copenhagen	Denmark	28-29 SEP	LES MILLS SPRINT™	Gothenburg	Sweden
29-30 JUN	LES MILLS SPRINT™	Helsinki	Finland	OCTOBER			
29-30 JUN	BODYBALANCE®	Stockholm	Sweden	05-06 OCT	BODYATTACK®	Gothenburg	Sweden
JULY				12-13 OCT	BODYBALANCE®	Gothenburg	Sweden
13-14 JUL	LES MILLS SPRINT™	Gothenburg	Sweden	12-13 OCT	BODYPUMP®	Warszawa	Poland
20-21 JUL	CXWORX®	Gothenburg	Sweden	12-13 OCT	CXWORX®	Bucharest	Romania
17-18 AUG	BODYPUMP®	Drammen	Norway	19-20 OCT	CXWORX®	Stockholm	Sweden
24-25 AUG	BODYATTACK®	Copenhagen	Denmark	19-20 OCT	BODYATTACK®	Helsinki	Finland
				19-20 OCT	BODYPUMP®	Copenhagen	Denmark

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DATE	PROGRAM	CITY	COUNTRY	DATE	PROGRAM	CITY	COUNTRY
NOVEMBER				FEBRUARY			
02-03 NOV	LES MILLS GRIT®	Gothenburg	Sweden	01-02 FEB	BODYBALANCE®	Stockholm	Sweden
02-03 NOV	BODYBALANCE®	Helsinki	Finland	01-02 FEB	LES MILLS GRIT®	Helsinki	Finland
04.NOV	BODYPUMP®	Online	6 week course	08-09 FEB	BODYJAM®	Gothenburg	Sweden
04.NOV	BODYBALANCE®	Online	6 week course	08-09 FEB	BODYBALANCE®	Tallinn	Estonia
04.NOV	CXWORX®	Online	6 week course	15-16 FEB	LES MILLS GRIT®	Stockholm	Sweden
04.NOV	BODYCOMBAT®	Online	6 week course	15-16 FEB	BODYFLOW®	Copenhagen	Denmark
09-10 NOV	BODYPUMP®	Stockholm	Sweden	MARCH			
09-10 NOV	SH'BAM® & BODYJAM®	Oslo	Norway	14-15 MAR	BODYATTACK®	Stockholm	Sweden
16-17 NOV	BODYSTEP®	Gothenburg	Sweden	14-15 MAR	BODYPUMP®	Tallinn	Estonia
DECEMBER				21-22 MAR	BODYCOMBAT®	Helsinki	Finland
14-15 DEC	BODYCOMBAT®	Stockholm	Sweden	21-22 MAR	LES MILLS SPRINT™	Gothenburg	Sweden
14-15 DEC	LES MILLS SPRINT™	Stockholm	Sweden	21-22 MAR	BODYPUMP®	Copenhagen	Denmark
14-15 DEC	SH'BAM® & BODYJAM®	Copenhagen	Denmark	28-29 MAR	BODYPUMP®	Stavanger	Norway
JANUARY				28-29 MAR	BODYPUMP®	Stockholm	Sweden
06.JAN	BODYATTACK®	Online	6 week course	28-29 MAR	BODYCOMBAT®	Warszawa	Poland
06.JAN	LES MILLS GRIT®	Online	6 week course				
06.JAN	LES MILLS SPRINT™	Online	6 week course				
06.JAN	RPM®	Online	6 week course				
18-19 JAN	CXWORX®	Gothenburg	Sweden				
18-19 JAN	BODYPUMP®	Helsinki	Finland				
18-19 JAN	BODYPUMP®	Bucharest	Romania				
18-19 JAN	BODYBALANCE®	Oslo	Norway				
25-26 JAN	BODYPUMP®	Gothenburg	Sweden				
25-26 JAN	BODYBALANCE®	Warszawa	Poland				
25-26 JAN	BODYCOMBAT®	Aarhus	Denmark				