

# LES MILLS - ADVANCED TRAINING 2019 - 2020

**BOOK HERE >>**

**DATE PROGRAM CITY COUNTRY DATE PROGRAM CITY COUNTRY**

## AUGUST

31 AUG-01 SEP **BODYPUMP®** Gothenburg Sweden

31 AUG -01 SEP **BODYBALANCE®** Prague Czech

## SEPTEMBER

09.SEP **BODYPUMP®** Online 6 week course

09.SEP **BODYBALANCE®** Online 6 week course

09.SEP **CXWORX®** Online 6 week course

09.SEP **BODYCOMBAT®** Online 6 week course

21-22 SEP **BODYATTACK®** Oslo Norway

21-22 SEP **CXWORX®** Warszawa Poland

28-29 SEP **BODYFLOW®** Copenhagen Denmark

28-29 SEP **LES MILLS SPRINT™** Gothenburg Sweden

28-29 SEP **SH'BAM® & BODYJAM®** Helsinki Finland

28-29 SEP **LES MILLS SPRINT™** Gothenburg Sweden

## OCTOBER

05-06 OCT **BODYATTACK®** Gothenburg Sweden

05-06 OCT **RPM®** Gothenburg Sweden

12-13 OCT **BODYBALANCE®** Gothenburg Sweden

12-13 OCT **BODYPUMP®** Warszawa Poland

12-13 OCT **CXWORX®** Bucharest Romania

19-20 OCT **CXWORX®** Stockholm Sweden

19-20 OCT **BODYATTACK®** Helsinki Finland

19-20 OCT **BODYPUMP®** Copenhagen Denmark

## NOVEMBER

02-03 NOV **BODYBALANCE®** Helsinki Finland

02-03 NOV **LES MILLS GRIT®** Gothenburg Sweden

## NOVEMBER

04.NOV **BODYPUMP®** Online 6 week course

04.NOV **BODYBALANCE®** Online 6 week course

04.NOV **CXWORX®** Online 6 week course

04.NOV **BODYCOMBAT®** Online 6 week course

09-10 NOV **BODYPUMP®** Stockholm Sweden

09-10 NOV **SH'BAM® & BODYJAM®** Oslo Norway

16-17 NOV **BODYSTEP®** Gothenburg Sweden

## DECEMBER

14-15 DEC **BODYCOMBAT®** Stockholm Sweden

14-15 DEC **LES MILLS SPRINT™** Stockholm Sweden

14-15 DEC **SH'BAM® & BODYJAM®** Copenhagen Denmark

# LES MILLS - ADVANCED TRAINING 2019 - 2020

**BOOK HERE >>**

**DATE PROGRAM CITY COUNTRY DATE PROGRAM CITY COUNTRY**

## JANUARY

06.JAN	<b>BODYATTACK®</b>	Online	6 week course
06.JAN	<b>LES MILLS GRIT®</b>	Online	6 week course
06.JAN	<b>LES MILLS SPRINT™</b>	Online	6 week course
06.JAN	<b>RPM®</b>	Online	6 week course
18-19 JAN	<b>CXWORX®</b>	Gothenburg	Sweden
18-19 JAN	<b>BODYPUMP®</b>	Helsinki	Finland
18-19 JAN	<b>BODYPUMP®</b>	Bucharest	Romania
18-19 JAN	<b>BODYBALANCE®</b>	Oslo	Norway
25-26 JAN	<b>BODYPUMP®</b>	Gothenburg	Sweden
25-26 JAN	<b>BODYBALANCE®</b>	Warszawa	Poland
25-26 JAN	<b>BODYCOMBAT®</b>	Aarhus	Denmark

## FEBRUARY

01-02 FEB	<b>BODYBALANCE®</b>	Stockholm	Sweden
01-02 FEB	<b>LES MILLS GRIT®</b>	Helsinki	Finland
08-09 FEB	<b>SH'BAM® &amp; BODYJAM®</b>	Gothenburg	Sweden
08-09 FEB	<b>BODYBALANCE®</b>	Tallinn	Estonia
15-16 FEB	<b>LES MILLS GRIT®</b>	Stockholm	Sweden
15-16 FEB	<b>BODYFLOW®</b>	Copenhagen	Denmark

## MARCH

14-15 MAR	<b>BODYATTACK®</b>	Stockholm	Sweden
14-15 MAR	<b>BODYPUMP®</b>	Tallinn	Estonia
21-22 MAR	<b>BODYCOMBAT®</b>	Helsinki	Finland
21-22 MAR	<b>LES MILLS SPRINT™</b>	Gothenburg	Sweden
21-22 MAR	<b>BODYPUMP®</b>	Copenhagen	Denmark
28-29 MAR	<b>BODYPUMP®</b>	Stavanger	Norway
28-29 MAR	<b>BODYPUMP®</b>	Stockholm	Sweden
28-29 MAR	<b>BODYCOMBAT®</b>	Warszawa	Poland