



INITIAL TRAINING

2019-2020

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

SWEDEN 1:2

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
AUGUST			OCTOBER		
03-04 AUG	BODYPUMP®	Stockholm	05-06 OCT	BODYPUMP®	Stockholm
03-04 AUG	LES MILLS GRIT®	Gothenburg	05-06 OCT	BODYCOMBAT®	Gothenburg
03-04 AUG	BODYBALANCE®	Stockholm	12-13 OCT	BODYBALANCE®	Stockholm
03-04 AUG	LES MILLS SPRINT™	Gothenburg	12-13 OCT	LES MILLS GRIT®	Gothenburg
10-11 AUG	RPM®	Gothenburg	12-13 OCT	BODYPUMP®	Umeå
10-11 AUG	CXWORX®	Gothenburg	19-20 OCT	BODYPUMP®	Gothenburg
10-11 AUG	BODYCOMBAT®	Gothenburg	19-20 OCT	LES MILLS BARRE™	Malmö
AUGUST			19-20 OCT	RPM®	Stockholm
10-11 AUG	BODYSTEP®	Stockholm	26-27 OCT	CXWORX®	Gothenburg
17-18 AUG	SH'BAM®	Gothenburg	26-27 OCT	BODYATTACK®	Stockholm
17-18 AUG	BODYPUMP®	Gothenburg	26-27 OCT	LES MILLS SPRINT™	Gothenburg
17-18 AUG	BODYATTACK®	Stockholm	NOVEMBER		
17-18 AUG	THE TRIP™	Gothenburg	02-03 NOV	BODYPUMP®	Stockholm
24-25 AUG	THE TRIP™	Stockholm	02-03 NOV	BODYCOMBAT®	Stockholm
24-25 AUG	BORN TO MOVE®	Gothenburg	09-10 NOV	BODYBALANCE®	Gothenburg
24-25 AUG	BODYJAM®	Gothenburg	09-10 NOV	LES MILLS GRIT®	Stockholm
24-25 AUG	LES MILLS TONE™	Gothenburg	16-17 NOV	BODYPUMP®	Gothenburg
SEPTEMBER			16-17 NOV	CXWORX®	Stockholm
31 AUG-01 SEP	BODYPUMP®	Stockholm	16-17 NOV	BORN TO MOVE®	Gothenburg
31 AUG-01 SEP	BODYBALANCE®	Gothenburg	DECEMBER		
31 AUG-01 SEP	LES MILLS GRIT®	Stockholm	14-15 DEC	BODYPUMP®	Stockholm
31 AUG-01 SEP	BODYCOMBAT®	Stockholm	14-15 DEC	BODYCOMBAT®	Gothenburg
28-29 SEP	BODYPUMP®	Gothenburg	14-15 DEC	BODYBALANCE®	Stockholm
28-29 SEP	CXWORX®	Stockholm	14-15 DEC	SH'BAM®	Stockholm
28-29 SEP	BODYATTACK®	Gothenburg	14-15 DEC	BODYATTACK®	Gothenburg
28-29 SEP	LES MILLS SPRINT™	Stockholm	14-15 DEC	LES MILLS SPRINT™	Stockholm

SWEDEN 2:2

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

DENMARK

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

NORWAY

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

FINLAND

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
AUGUST			JANUARY - 2020		
10-11 AUG	BODYBALANCE®	Helsinki	11-12 JAN	LES MILLS BARRE™	Helsinki
10-11 AUG	BODYCOMBAT®	Tampere	11-12 JAN	BODYPUMP®	Oulu
10-11 AUG	LES MILLS BARRE™	Helsinki	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			
NOVEMBER					
09-10 NOV	LES MILLS TONE™	Helsinki			
16-17 NOV	BODYATTACK®	Helsinki			
16-17 NOV	BODYPUMP®	Helsinki			
DECEMBER					
14-15 DEC	BODYCOMBAT®	Helsinki			
14-15 DEC	BODYBALANCE®	Tampere			
14-15 DEC	SH'BAM®	Helsinki			
14-15 DEC	LES MILLS GRIT®	Helsinki			

ESTONIA

CZECH & SLOVAKIA

DATE	PROGRAM	CITY	DATE	PROGRAM	CITY
AUGUST			AUGUST		
24-25 AUG	BODYPUMP®	Tallinn	10-11 AUG	BODYJAM®	Prague
SEPTEMBER			24-24 AUG	LES MILLS GRIT®	Prague
21-22 SEP	BODYBALANCE®	Tallinn	SEPTEMBER		
OCTOBER			28-29 SEP	BODYPUMP®	Prague
05-06 OCT	BODYATTACK®	Tallinn	OCTOBER		
NOVEMBER			05-06 OCT	BODYBALANCE®	Prague
16-17 NOV	BODYCOMBAT®	Tallinn	NOVEMBER		
JANUARY - 2020			02-03 NOV	BODYATTACK®	Prague
25-26 JAN	BODYPUMP®	Tallinn	JANUARY - 2020		
MARCH - 2020			11-12 JAN	BODYCOMBAT®	Prague
14-15 MAR	BODYBALANCE®	Tallinn	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
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	BODYBALANCE®	Warszawa	AUGUST		
SEPTEMBER			10-11 AUG	BODYPUMP®	Bucharest
31 AUG-01-SEP	CXWORX®	Warszawa	24-25 AUG	CXWORX®	Bucharest
28-29 SEP	SH'BAM®	Warszawa	31 AUG - 01 SEP	LES MILLS GRIT®	Bucharest
28-29 SEP	LES MILLS GRIT®	Warszawa	NOVEMBER		
OCTOBER			09-10 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			
FEBRUARY - 2020					
01-02 FEB	BODYPUMP®	Warszawa			
15-16 FEB	BODYBALANCE®	Warszawa			