



# QUARTERLY TRAININGS SEPTEMBER 2019

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

## WHAT'S UP Q3 - 2019

### | LES MILLS LIVE FINLAND 7th OF SEPTEMBER

We would love it if you joined us and hundreds of fellow fitness fans, trainers and instructors for the most epic fitness event of the year in Turku.

Les Mills LIVE Finland counts as a Quarterly training, which will be registered for all your active programs after you have attended the event

[Get your ticket here >>](#)



### | 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 Express" to attend the specific express format. The education content will be unique for each format.

### | LES MILLS GRIT® - STRENGTH AND CARDIO

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

## 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
23-Sep	19:00 - 19:45	THE TRIP®	English	Adam Gripenblom & Eerika Bui	
23-Sep	20:00 - 20:45	RPM®	English	Eerika Bui & Adam Gripenblom	
24-Sep	20:00 - 20:45	CXWORX®	Swedish	Elin Hellström & Michael Steenhouwer	
24-Sep	21:00 - 21:45	BODYATTACK®	English	Ditte Sommer Weinreich & Mathilda Björck	
25-Sep	19:00 - 19:45	BODYJAM®	English	Janni Lindgren & Charlotte Carlén	
25-Sep	20:00 - 20:45	LES MILLS BARRE™	English	Janni Lindgren & Charlotte Carlén	
25-Sep	21:00 - 21:45	BODYBALANCE® / BODYFLOW®	Swedish	Tor Andersen & Hanna Lundh	
26-Sep	19:00 - 19:45	BODYCOMBAT®	English	Hanna Lundh & Szymon Wesolowski	
26-Sep	20:00 - 20:45	SH`BAM®	English	Charlotte Carlén & Janni Lindgren	
26-Sep	21:00 - 21:45	LES MILLS GRIT®	English	Elin Hellström & Hanna Lundh	
29-Sep	19:00 - 19:45	LES MILLS TONE™	English	Kristin Andersson & Arja Vanhanen	
29-Sep	20:00 - 20:45	BODYPUMP®	English	Michael Steenhouwer & Szymon Wesolowski	
30-Sep	20:00 - 20:45	BODYBALANCE® / BODYFLOW®	English	Tor Andersen & Kristin Andersson	
30-Sep	21:00 - 21:45	BODYPUMP®	Swedish	Ida Sarström & Michael Steenhouwer	
01-Oct	19:00 - 19:45	CXWORX®	English	Eerika Bui & Elin Hellström	
01-Oct	20:00 - 20:45	BODYPUMP®	Swedish	Ida Sarström & Michael Steenhouwer	
03-Oct	19:00 - 19:45	BODYSTEP®	English	Susanna Varsanpää & Ditte Sommer Weinreich	
03-Oct	20:00 - 20:45	BODYPUMP®	English	Michael Steenhouwer & Susanna Varsanpää	
03-Oct	21:00 - 21:45	LES MILLS SPRINT	English	Ida Sarström & Adam Gripenblom	
06-Oct	20:00 - 20:45	BODYSTEP®	Finnish	Susanna Varsanpää	
06-Oct	21:00 - 21:45	BODYPUMP®	Finnish	Susanna Varsanpää & Arja Vanhanen	

# SWEDEN I

City	Date	Time	Program	Location	Trainer	Note
VALLENTUNA	01-Sep	18:15 - 20:00	THE TRIP®	Sports Club Vallentuna	Adam Gripenblom	
STOCKHOLM	31-Aug	12:00 - 13:45	THE TRIP®	SATS Stureplan	Adam Gripenblom	
	11-Sep	06:30 - 08:15	BODYBALANCE®	SATS Hötorget	Anna-Karin Wikström	
	14-Sep	13:15 - 15:00	BODYPUMP®	SATS Stureplan	Emmy Örn	
	14-Sep	15:15 - 17:00	BODYCOMBAT®	SATS Stureplan	Marco Mazza Klemi	
	14-Sep	11:45 - 13:00	CXWORX®	Nordic Wellness KTH-hallen	Elin Hellström	
	14-Sep	13:15 - 14:30	LES MILLS GRIT® Strength	Nordic Wellness KTH-hallen	Elin Hellström	LES MILLS GRIT® Strength
	14-Sep	09:30 - 10:45	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Jimmy Liew	
	14-Sep	12:15 - 13:45	RPM®	Nordic Wellness Karlavägen	Jimmy Liew	
	14-Sep	14:00 - 15:30	SH'BAM®	Nordic Wellness Karlavägen	Dorotka Baburin	
	14-Sep	16:00 - 17:45	BODYJAM®	Nordic Wellness Karlavägen	Dorotka Baburin	
	15-Sep	11:15 - 13:00	BODYPUMP®	Nordic Wellness Karlavägen	Emmy Örn	
	15-Sep	13:15 - 14:30	LES MILLS GRIT® Cardio	Nordic Wellness Karlavägen	Ida Sarström	LES MILLS GRIT® Cardio
	15-Sep	15:00 - 16:15	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Ida Sarström	
	15-Sep	08:45 - 10:30	BODYBALANCE®	Nordic Wellness KTH-hallen	Theresa Tengler	
	15-Sep	10:45 - 12:30	BODYSTEP®	Nordic Wellness KTH-hallen	Theresa Tengler	
	15-Sep	12:45 - 14:30	BODYATTACK®	Nordic Wellness KTH-hallen	Julia Pohjanen	
	15-Sep	14:45 - 16:00	CXWORX®	Nordic Wellness KTH-hallen	Julia Pohjanen	
	16-Sep	06:30 - 08:15	BODYPUMP®	SATS Stureplan	Michael Steenhouwer	

City	Date	Time	Program	Location	Trainer	Note
STOCKHOLM	21-Sep	12:45 - 14:30	<b>BODYBALANCE®</b>	Nordic Wellness Lindhagen	Elin Atlebond	
	21-Sep	14:45 - 16:15	<b>BODYPUMP® - 45 min</b>	Nordic Wellness Lindhagen	Elin Atlebond	BODYPUMP® - 45 min Express
	21-Sep	16:30 - 17:45	<b>CXWORX®</b>	Nordic Wellness Lindhagen	Anna-Karin Wikström	
	22-Sep	12:30 - 14:15	<b>BODYPUMP®</b>	SATS Hötorget	Karin Björneloo	
	22-Sep	14:45 - 16:00	<b>LES MILLS GRIT® Strength</b>	SATS Hötorget	Karin Björneloo	LES MILLS GRIT® Strength
	22-Sep	09:00 - 10:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Lindhagen	Adam Gripenblom	
	22-Sep	10:45 - 12:15	<b>RPM®</b>	Nordic Wellness Lindhagen	Adam Gripenblom	
	22-Sep	12:30 - 14:15	<b>BODYATTACK®</b>	Nordic Wellness Lindhagen	Daniel Isaksson	
	22-Sep	14:45 - 16:30	<b>BODYCOMBAT®</b>	Nordic Wellness Lindhagen	Daniel Isaksson	
	GÖTEBORG	11-Sep	06:30 - 08:15	<b>BODYBALANCE®</b>	Nordic Wellness Backaplan	Theresa Tengler
12-Sep		06:30 - 08:15	<b>BODYPUMP®</b>	Nordic Wellness Backaplan	Karin Björneloo	
14-Sep		12:30 - 14:15	<b>BODYATTACK®</b>	Nordic Wellness Backaplan	Julia Pohjanen	
14-Sep		14:30 - 16:15	<b>BODYCOMBAT®</b>	Nordic Wellness Backaplan	Hanna Lundh	
14-Sep		09:00 - 10:45	<b>BODYBALANCE®</b>	STC Backa	Kristin Andersson	
14-Sep		11:00 - 12:15	<b>CXWORX®</b>	STC Backa	Kristin Andersson	
14-Sep		12:30 - 14:15	<b>BODYPUMP®</b>	STC Backa	Emelie Orosz	
14-Sep		14:30 - 15:45	<b>LES MILLS GRIT® Strength</b>	STC Backa	Emelie Orosz	LES MILLS GRIT® Strength
15-Sep		11:15 - 12:45	<b>SH'BAM®</b>	Nordic Wellness Stigs Center	Niklas Bohlin	
15-Sep		13:00 - 14:45	<b>BODYJAM®</b>	Nordic Wellness Stigs Center	Charlotte Carlén	
15-Sep		15:15 - 17:00	<b>BODYPUMP®</b>	Nordic Wellness Stigs Center	Charlotte Carlén	
15-Sep		12:15 - 13:45	<b>RPM®</b>	Nordic Wellness Backaplan	Jim Berg	
15-Sep		14:15 - 15:30	<b>LES MILLS SPRINT™</b>	Nordic Wellness Backaplan	Jim Berg	
15-Sep		15:45 - 17:00	<b>LES MILLS GRIT® Cardio</b>	Nordic Wellness Backaplan	Hanna Lundh	LES MILLS GRIT® Cardio



City	Date	Time	Program	Location	Trainer	Note
GÖTEBORG	21-Sep	09:15 - 10:45	RPM®	Nordic Wellness Backaplan	Jimmy Liew	
	21-Sep	12:15 - 13:30	LES MILLS SPRINT™	Nordic Wellness Backaplan	Jimmy Liew	
	21-Sep	13:30 - 15:00	BODYPUMP® - 45 min	Nordic Wellness Backaplan	Karin Björneloo	BODYPUMP® - 45 min Express
	21-Sep	15:15 - 16:30	CXWORX®	Nordic Wellness Backaplan	Karin Björneloo	
	22-Sep	11:15 - 13:00	BODYSTEP®	Nordic Wellness Backaplan	Theresa Tengler	
	22-Sep	13:15 - 15:00	BODYATTACK®	Nordic Wellness Backaplan	Pernilla Andersson	
	22-Sep	15:15 - 16:30	LES MILLS SPRINT™	Nordic Wellness Backaplan	Jimmy Liew	
GÖTEBORG	22-Sep	13:00 - 14:45	BODYBALANCE®	STC Backa	Anna-Karin Wikström	
	22-Sep	15:00 - 16:15	CXWORX®	STC Backa	Anna-Karin Wikström	
	22-Sep	11:15 - 12:30	LES MILLS GRIT® Strength	Nordic Wellness Stigs Center	Michael Steenhouwer	LES MILLS GRIT® Strength
	22-Sep	13:00 - 14:45	BODYPUMP®	Nordic Wellness Stigs Center	Michael Steenhouwer	
	22-Sep	15:00 - 16:45	BODYCOMBAT®	Nordic Wellness Stigs Center	Marco Mazza Klemi	
KALMAR	01-Sep	14:00 - 15:45	BODYPUMP®	Malkars Kvarnholmen	Kristin Andersson	
	01-Sep	16:30 - 18:15	THE TRIP®	Malkars Kvarnholmen	Kristin Andersson	
MALMÖ	14-Sep	10:30 - 12:00	RPM®	Nordic Wellness Emporia	Olivia Lundkvist	
	14-Sep	12:30 - 14:15	BODYPUMP®	Nordic Wellness Emporia	Olivia Lundkvist	
	14-Sep	12:45 - 14:00	LES MILLS SPRINT™	Nordic Wellness Emporia	Ida Sarström	
	14-Sep	14:30 - 15:45	LES MILLS GRIT® Cardio	Nordic Wellness Emporia	Ida Sarström	LES MILLS GRIT® Cardio
	14-Sep	13:00 - 14:45	BODYSTEP®	Kockum fritid	Pernilla Andersson	
	14-Sep	15:00 - 16:45	BODYATTACK®	Kockum fritid	Pernilla Andersson	
	15-Sep	12:15 - 13:30	CXWORX®	Kockum fritid	Cristine Skogastierna	
	15-Sep	14:00 - 15:45	BODYCOMBAT®	Kockum fritid	Cristine Skogastierna	
	15-Sep	11:45 - 13:30	BODYPUMP®	SATS Västra hamnen	Kristin Andersson	
	15-Sep	14:00 - 15:45	BODYBALANCE®	SATS Västra hamnen	Kristin Andersson	

City	Date	Time	Program	Location	Trainer	Note	
MALMÖ	21-Sep	12:00 - 13:45	<b>BODYPUMP®</b>	SATS Västra hamnen	Martin Krook		
	21-Sep	14:15 - 15:30	<b>LES MILLS GRIT® Strength</b>	SATS Västra hamnen	Martin Krook	LES MILLS GRIT® Strength	
	21-Sep	13:00 - 14:15	<b>CXWORX®</b>	Kockum fritid	Kristin Andersson		
	21-Sep	14:30 - 16:15	<b>BODYBALANCE®</b>	Kockum fritid	Kristin Andersson		
	22-Sep	11:45 - 13:30	<b>BODYCOMBAT®</b>	SATS Västra hamnen	Hanna Lundh		
	22-Sep	14:00 - 15:45	<b>BODYJAM®</b>	SATS Västra hamnen	Hanna Lundh		
	22-Sep	12:30 - 13:45	<b>LES MILLS SPRINT™</b>	Nordic Wellness Emporia	Jim Berg		
	22-Sep	13:45 - 15:15	<b>SH'BAM®</b>	Nordic Wellness Emporia	Kimmo Jukuri		
	22-Sep	14:15 - 15:45	<b>RPM®</b>	Nordic Wellness Emporia	Jim Berg		
	22-Sep	15:45 - 17:15	<b>BODYPUMP® - 45 min</b>	Nordic Wellness Emporia	Kimmo Jukuri	BODYPUMP® - 45 min Express	



# NORWAY I


City	Date	Time	Program	Location	Trainer	Note
OSLO	14-Sep	10:00 - 11:45	<b>BODYJAM®</b>	SATS Spektrum	Claudia Kupferschmidt de la Mau	
	14-Sep	12:00 - 13:15	<b>CXWORX®</b>	SATS Spektrum	Sander Gudim Johansen	
	14-Sep	13:30 - 15:15	<b>BODYATTACK®</b>	SATS Spektrum	Sander Gudim Johansen	
	15-Sep	09:45 - 11:30	<b>LES MILLS TONE™</b>	SATS Bislett	Ragnhild Lien	
	15-Sep	11:45 - 13:30	<b>BODYBALANCE®</b>	SATS Bislett	Ragnhild Lien	
	15-Sep	13:45 - 15:30	<b>BODYPUMP®</b>	SATS Bislett	Maria Carmen Øyhovden	
	21-Sep	12:00 - 13:45	<b>BODYSTEP®</b>	SATS Bislett	Marthe Fyndal Havnås	
	21-Sep	13:30 - 15:00	<b>BODYPUMP® - 45 min</b>	SATS Bislett	Jorge Scott Neyra	BODYPUMP® - 45 min Express
	21-Sep	15:30 - 17:45	<b>BODYCOMBAT®</b>	SATS Bislett	Jorge Scott Neyra	
STAVANGER	14-Sep	10:30 - 12:15	<b>BODYPUMP®</b>	BRAVE Sportssenter	Marthe Fyndal Havnås	
	14-Sep	12:30 - 14:15	<b>BODYATTACK®</b>	BRAVE Sportssenter	Marthe Fyndal Havnås	
	14-Sep	14:30 - 16:15	<b>BODYBALANCE®</b>	BRAVE Sportssenter	Stine Pedersen	
ÅLESUND	22-Sep	12:00 - 13:45	<b>BODYPUMP®</b>	Stamina Trening Moa	Maria Carmen Øyhovden	
	22-Sep	14:00 - 15:45	<b>BODYBALANCE®</b>	Stamina Trening Moa	Stine Pedersen	
TRONDHEIM	14-Sep	13:00 - 14:45	<b>BODYPUMP®</b>	Fresh Fitness Lade Arena	Maria Carmen Øyhovden	
	14-Sep	15:00 - 16:45	<b>BODYBALANCE®</b>	Fresh Fitness Lade Arena	Ragnhild Lien	

# DENMARK I

[BACK TO MENU](#)

City	Date	Time	Program	Location	Trainer	Note
COPENHAGEN	14-Sep	14:00 - 15:45	<b>BODYCOMBAT®</b>	SATS København - Amager Strand	Andy Valencia	
	14-Sep	16:00 - 17:15	<b>CXWORX®</b>	SATS København - Amager Strand	Andy Valencia	
	15-Sep	12:30 - 14:15	<b>BODYATTACK®</b>	SATS Frederiksberg - Falkoner	Ditte Sommer Weinreich	
	15-Sep	14:45 - 16:30	<b>BODYSTEP®</b>	SATS Frederiksberg - Falkoner	Ditte Sommer Weinreich	
	15-Sep	16:45 - 18:15	<b>BODYPUMP® - 45 min</b>	SATS Frederiksberg - Falkoner	Mikkel Hjort	BODYPUMP® - 45 min Express
	20-Sep	17:00 - 18:45	<b>BODYFLOW®</b>	SATS København - Adelgade	Tor Andersen	
	21-Sep	12:30 - 14:15	<b>BODYJAM®</b>	SATS Frederiksberg - Falkoner	Claudia Kupferschmidt de la Mau	
	21-Sep	14:30 - 16:15	<b>BODYPUMP®</b>	SATS Frederiksberg - Falkoner	Mikkel Hjort	
	22-Sep	13:00 - 14:15	<b>LES MILLS GRIT® Strength</b>	Fitness World Valby	Paya Johansen	LES MILLS GRIT® Strength
	22-Sep	14:30 - 16:15	<b>BODYFLOW®</b>	Fitness World Valby	Paya Johansen	
HERNING	14-Sep	08:00 - 09:45	<b>BODYFLOW®</b>	DGI-huset Herning	Paya Johansen	
	14-Sep	10:00 - 11:15	<b>CXWORX®</b>	DGI-huset Herning	Paya Johansen	
	14-Sep	11:30 - 13:15	<b>BODYCOMBAT®</b>	DGI-huset Herning	Mikkel Hjort	
	14-Sep	13:30 - 15:15	<b>BODYPUMP®</b>	DGI-huset Herning	Mikkel Hjort	
	14-Sep	15:30 - 17:15	<b>BODYATTACK®</b>	DGI-huset Herning	Ditte Sommer Weinreich	
	14-Sep	17:30 - 19:15	<b>BODYSTEP®</b>	DGI-huset Herning	Ditte Sommer Weinreich	
MALMÖ	14-Sep	10:30 - 12:00	<b>RPM®</b>	Nordic Wellness Emporia	Olivia Lundkvist	To register mail: <a href="mailto:nordic@lesmills.com">nordic@lesmills.com</a>
	14-Sep	12:45 - 14:00	<b>LES MILLS SPRINT™</b>	Nordic Wellness Emporia	Ida Sarström	To register mail: <a href="mailto:nordic@lesmills.com">nordic@lesmills.com</a>
	22-Sep	12:30 - 13:45	<b>LES MILLS SPRINT™</b>	Nordic Wellness Emporia	Jim Berg	To register mail: <a href="mailto:nordic@lesmills.com">nordic@lesmills.com</a>
	22-Sep	13:45 - 15:15	<b>SH'BAM®</b>	Nordic Wellness Emporia	Kimmo Jukuri	To register mail: <a href="mailto:nordic@lesmills.com">nordic@lesmills.com</a>
	22-Sep	14:15 - 15:45	<b>RPM®</b>	Nordic Wellness Emporia	Jim Berg	To register mail: <a href="mailto:nordic@lesmills.com">nordic@lesmills.com</a>

# FINLAND I

City	Date	Time	Program	Location	Trainer	Note
						
<b>TURKU</b>	07-Sep	08:00-18:00	<b>LES MILLS LIVE FINLAND</b>	M&M	International & Nordic	Get your ticket here >>
<b>ESPOO</b>	15-Sep	09:00 - 10:45	<b>BODYCOMBAT®</b>	Esport Aalto	Karo Nyman	
		11:00 - 12:45	<b>BODYSTEP®</b>	Esport Aalto	Susanna Varsanpää	
		11:45 - 13:10	<b>THE TRIP™</b>	Esport Aalto	Eerika Bui	
		13:30 - 15:15	<b>BODYPUMP®</b>	Esport Aalto	Susanna Varsanpää	
		15:30 - 16:45	<b>CXWORX®</b>	Esport Aalto	Arja Vanhanen	
		17:00 - 18:45	<b>BODYBALANCE®</b>	Esport Aalto	Arja Vanhanen	
<b>JYVÄSKYLÄ</b>	21-Sep	11:30 - 13:15	<b>BODYPUMP®</b>	Fitness24seven Jyväskylä	Niko Viskari	
		13:30 - 15:15	<b>BODYBALANCE®</b>	Fitness24seven Jyväskylä	Niko Viskari	
<b>PIETARSAARI</b>	14-Sep	11:00 - 12:45	<b>BODYPUMP®</b>	Pietarsaari Studio Z	Pia Niemi	
		13:00 - 14:45	<b>BODYCOMBAT®</b>	Pietarsaari Studio Z	Pia Niemi	
		15:00 - 15:30	<b>LES MILLS BARRE™</b>	Pietarsaari Studio Z	Janni Lindgren	
		15:45 - 17:15	<b>SH'BAM®</b>	Pietarsaari Studio Z	Janni Lindgren	
<b>OULU</b>	22-Sep	10:00 - 11:45	<b>BODYBALANCE®</b>	Liikuntakeskus Hukka	Jarno Tynkkynen	
		12:00 - 13:45	<b>BODYCOMBAT®</b>	Liikuntakeskus Hukka	Mika Kankainen + Guilherme Reis	
		14:00 - 15:45	<b>BODYPUMP®</b>	Liikuntakeskus Hukka	Mika Kankainen	

## POLAND | ROMANIA

City	Date	Time	Program	Location	Trainer	Note
WARSAWA	14-Sep	09:00-10:45	BODYBALANCE®	Fabryka Formy Rondo 1	Natalia Litwiniuk	
	14-Sep	11:00-12:45	BODYCOMBAT®	Fabryka Formy Rondo 1	Edyta Długa	
	14-Sep	13:00-14:45	BODYPUMP®	Fabryka Formy Rondo 1	Edyta Długa	
	14-Sep	15:00-16:15	CXWORX®	Fabryka Formy Rondo 1	Pawel Jeziorek	
	14-Sep	16:30-17:45	LES MILLS GRIT®	Fabryka Formy Rondo 1	Pawel Jeziorek	
KATOWICE	14-Sep	13:00-14:45	BODYPUMP®	Fabryka Formy Katowice Libero	Szymon Wesolowski	
POZNÁN	15-Sep	10:00-11:45	BODYCOMBAT®	StepONE Poznan new	Szymon Wesolowski	
	15-Sep	12:00-13:45	BODYBALANCE®	StepONE Poznan new	Natalia Litwiniuk	
	15-Sep	14:00-15:45	BODYPUMP®	StepONE Poznan new	Szymon Wesolowski	
	11-May	14:00-14:45	BODYPUMP®	Les Mills SUPERDAY	Emelia Orosz, Szymon Wesolowski	
BUCHAREST	21-Sep	12:30-14:15	BODYCOMBAT®	World Class Romania Plaza	Szymon Wesolowski	
	21-Sep	14:30-15:45	LES MILLS GRIT®	World Class Romania Plaza	Szymon Wesolowski	
	21-Sep	16:00-17:45	BODYPUMP®	World Class Romania Plaza	Stefan Cursursuz	
	21-Sep	18:00-19:15	CXWORX®	World Class Romania Plaza	Stefan Cursursuz	Masterclass: Strength

## ESTONIA |

City	Date	Time	Program	Location	Trainer	Note
TALLINN	14-Sep	10:00 - 11:45	BODYBALANCE®	Audentes Fitness	Kersti Ojalill	
	14-Sep	12:00 - 13:30	BODYPUMP® 45 min	Audentes Fitness	Kimmo Jukuri	BODYPUMP® 45 min Express
	14-Sep	13:45 - 15:30	BODYJAM®	Audentes Fitness	Kimmo Jukuri	
	21-Sep	10:00 - 11:45	BODYCOMBAT®	Audentes Fitness	Daniel Isaksson	
	21-Sep	12:00 - 13:30	BODYPUMP® 45 min	Audentes Fitness	Siim Kelner	BODYPUMP® 45 min Express
	21-Sep	13:45 - 15:30	BODYATTACK®	Audentes Fitness	Daniel Isaksson	



