

Initial Module Training Sep 2019-Mar 2020 | Book your training in the Instructor Portal >>

Program	Date	City	Country	Program	Date	City	Country
BODYATTACK®	21-22 Sep	Copenhagen	Denmark	BODYSTEP®	12-13 Oct	Helsinki	Finland
	28-29 Sep	Gothenburg	Sweden		14-15 Dec	Malmö	Sweden
	05-06 Oct	Tallinn	Estonia		14-15 Dec	Oslo	Norway
	05-06 Oct	Warsaw	Poland		25-26 Jan	Copenhagen	Denmark
	12-13 Oct	Oslo	Norway	BODYJAM®	05-06 Oct	Helsinki	Finland
	26-27 Oct	Stockholm	Sweden		12-13 Oct	Copenhagen	Denmark
	16-17 Nov	Prague	Czech		11-12 Jan	Stockholm	Sweden
	16-17 Nov	Helsinki	Finland				
	14-15 Dec	Horsens	Denmark	SH'BAM®	28-29 Sep	Warsaw	Poland
BODYPUMP®	28-29 Sep	Prague	Czech		14-15 Dec	Stockholm	Sweden
	28-29 Sep	Tampere	Finland		11-12 Jan	Copenhagen	Denmark
	28-29 Sep	Gothenburg	Sweden	LES MILLS BARRE™	19-20 Oct	Malmö	Sweden
	05-06 Oct	Stockholm	Sweden		26-27 Oct	Helsinki	Finland
	05-06 Oct	Trondheim	Norway		11-12 Jan	Helsinki	Finland
	12-13 Oct	Umeå	Sweden	LES MILLS TONE™	05-06 Oct	Aarhus	Denmark
	19-20 Oct	Aarhus	Denmark		09-10 Nov	Helsinki	Finland
	19-20 Oct	Gothenburg	Sweden		14-15 Dec	Stockholm	Sweden
02-03 Nov	Stockholm	Sweden					
16-17 Nov	Gothenburg	Sweden	RPM®		19-20 Oct	Stockholm	Sweden
16-17 Nov	Helsinki	Finland		09-10 Nov	Helsinki	Finland	
14-15 Dec	Oslo	Norway		09-10 Nov	Copenhagen	Denmark	
21-22 Dec	Copenhagen	Denmark		16-17 Nov	Bucharest	Romania	
BODYCOMBAT®	05-06 Oct	Gothenburg	Sweden	LES MILLS SPRINT™	28-29 Sep	Stockholm	Sweden
	26-27 Oct	Oslo	Norway		19-20 Oct	Helsinki	Finland
	26-27 Oct	Copenhagen	Denmark		26-27 Oct	Gothenburg	Sweden
	09-10 Nov	Warsaw	Poland		14-15 Dec	Stockholm	Sweden
	16-17 Nov	Tallinn	Estonia		15-15 Feb	Oslo	Norway
	16-17 Nov	Bucharest	Romania	LES MILLS GRIT™	28-29 Sep	Espoo	Finland
	14-15 Dec	Helsinki	Finland		28-29 Sep	Oslo	Norway
	11-12 Jan	Prague	Czech		28-29 Sep	Warsaw	Poland
15-16 Feb	Aarhus	Denmark	BODYBALANCE®	12-13 Oct	Gothenburg	Sweden	
				09-10 Nov	Stockholm	Sweden	
				14-15 Dec	Aarhus	Denmark	
				14-15 Dec	Helsinki	Finland	
				18-19 Jan	Warsaw	Poland	
				07-08 Mar	Prague	Czech	
BODYFLOW®	16-17 Nov	Copenhagen	Denmark				
CXWORX®	28-29 Sep	Stockholm	Sweden				
	26-27 Oct	Gothenburg	Sweden				
	26-27 Oct	Warsaw	Poland				
	03-04 Nov	Copenhagen	Denmark				
	16-17 Nov	Stockholm	Sweden				
	21-22 Dec	Gothenburg	Sweden				

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BODYATTACK®	05-06 Oct	Gothenburg	Sweden	LES MILLS GRIT™	02-03 Nov	Gothenburg	Sweden	
	19-20 Oct	Helsinki	Finland		06-Jan	Online	6 weeks	
	06-Jan	Online	6 weeks		01-02 Feb	Helsinki	Finland	
	15-16 Mar	Stockholm	Sweden		15-16 Feb	Stockholm	Sweden	
BODYPUMP®	09-Sep	Online	6 weeks	BODYSTEP®	16-17 Nov	Gothenburg	Sweden	
	12-13 Oct	Warsaw	Poland		BODYJAM® & SH'BAM®	28-29 Sep	Helsinki	Finland
	19 - 20 Oct	Copenhagen	Denmark	09-10 Nov		Oslo	Norway	
	04-Nov	Online	6 weeks	14-15 Dec		Copenhagen	Denmark	
	09-10 Nov	Stockholm	Sweden	08-09 Feb		Gothenburg	Sweden	
	06-Jan	Online	6 weeks	RPM®		06-Jan	Online	6 weeks
	18-19 Jan	Bucharest	Romania			LES MILLS SPRINT™	28-29 Sep	Gothenburg
	18-19 Jan	Helsinki	Finland	14-15 Dec			Stockholm	Sweden
	25-25 Jan	Gothenburg	Sweden	06-Jan *)			Online	6 weeks
	14-15 Mar	Tallinn	Estonia					
29-29 Mar	Stavanger	Norway						
BODYCOMBAT®	09-Sep	Online	6 weeks					
	04-Nov	Online	6 weeks					
	14-15 Dec	Stockholm	Sweden					
	25-26 Jan	Aarhus	Denmark					
	21-22 Mar	Helsinki	Finland					
	28-29 Mar	Warsaw	Poland					
BODYBALANCE®	09-Sep	Online	6 week					
	12-13 Oct	Gothenburg	Sweden					
	02-03 Nov	Helsinki	Finland					
	04-Nov	Online	6 week					
	01-02 Feb	Stockholm	Sweden					
	08-09 Feb	Tallinn	Estonia					
BODYFLOW®	28-29 Sep	Copenhagen	Denmark					
CXWORX®	09-Sep	Online	6 weeks					
	21-22 Sep	Warsaw	Poland					
	12-13 Oct	Bucharest	Romania					
	19-20 Oct	Stockholm	Sweden					
	04-Nov	Online	6 weeks					
	18-19 Jan	Gothenburg	Sweden					