

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

Program	Date	City	Country	Program	Date	City	Country		
BODYATTACK®	05-06 Oct	Tallinn	Estonia	BODYCOMBAT®	05-06 Oct	Gothenburg	Sweden		
	05-06 Oct	Warsaw	Poland		05-06 Oct	Sofia	Bulgaria		
	12-13 Oct	Oslo	Norway		26-27 Oct	Oslo	Norway		
	26-27 Oct	Stockholm	Sweden		26-27 Oct	Copenhagen	Denmark		
	16-17 Nov	Prague	Czech		02-03 Nov	Stockholm	Sweden		
	16-17 Nov	Helsinki	Finland		09-10 Nov	Warsaw	Poland		
	14-15 Dec	Horsens	Denmark		16-17 Nov	Tallinn	Estonia		
	14-15 Dec	Gothenburg	Sweden		16-17 Nov	Bucharest	Romania		
	18-19 Jan	Stavangen	Norway		14-15 Dec	Helsinki	Finland		
	25-26 Jan	Stockholm	Sweden		14-15 Dec	Gothenburg	Sweden		
	15-16 Feb	Gothenburg	Sweden		11-12 Jan	Prague	Czech		
	14-15 Mar	Oslo	Norway		18-19 Jan	Malmö	Sweden		
	14-15 Mar	Warsaw	Poland		08-09 Feb	Stockholm	Sweden		
	28-29 Mar	Helsinki	Finland		15-16 Feb	Aarhus	Denmark		
BODYPUMP®	05-06 Oct	Stockholm	Sweden	15-16 Feb	Oslo	Norway			
	05-06 Oct	Trondheim	Norway	14-15 Mar	Gothenburg	Sweden			
	12-13 Oct	Umeå	Sweden	21-22 Mar	Warsaw	Poland			
	19-20 Oct	Aarhus	Denmark	28-29 Mar	Oulu	Finland			
	19-20 Oct	Gothenburg	Sweden	CXWORX®	26-27 Oct	Gothenburg	Sweden		
	19-20 Oct	Warsaw	Poland		26-27 Oct	Warsaw	Poland		
	02-03 Nov	Stockholm	Sweden		02-03 Nov	Copenhagen	Denmark		
	09-10 Nov	Bucharest	Romania		16-17 Nov	Stockholm	Sweden		
	16-17 Nov	Gothenburg	Sweden		21-22 Dec	Gothenburg	Sweden		
	16-17 Nov	Helsinki	Finland		11-12 Jan	Warsaw	Poland		
	14-15 Dec	Oslo	Norway		18-19 Jan	Prague	Czech		
	14-15 Dec	Stockholm	Sweden		25-26 Jan	Helsinki	Finland		
	14-15 Dec	Warsaw	Poland		25 - 26 Jan	Stockholm	Sweden		
	21-22 Dec	Copenhagen	Denmark		08-09 Feb	Malmö	Sweden		
21-22 Dec	Gothenburg	Sweden	08-09 Feb		Oslo	Norway			
04-05 Jan	Stockholm	Sweden	LES MILLS GRIT™		12-13 Oct	Gothenburg	Sweden		
11-12 Jan	Oulu	Finland			09-10 Nov	Stockholm	Sweden		
18-19 Jan	Gothenburg	Sweden			09-10 Nov	Warsaw	Poland		
25-26 Jan	Tallinn	Estonia		14-15 Dec	Roskilde	Denmark			
01-02 Feb	Drammen	Norway		14-15 Dec	Helsinki	Finland			
01-02 Feb	Horsens	Denmark		04-05 Jan	Gothenburg	Sweden			
01-02 Feb	Stockholm	Sweden		18-19 Jan	Warsaw	Poland			
01-02 Feb	Warsaw	Poland		15-16 Feb	Stockholm	Sweden			
08-09 Feb	Prague	Czech		07-08 Mar	Prague	Czech			
15-16 Feb	Gothenburg	Sweden		21-22 Mar	Gothenburg	Sweden			
15-16 Feb	Bucharest	Romania		LES MILLS SPRINT™	19-20 Oct	Helsinki	Finland		
14-15 Mar	Stockholm	Sweden			26-27 Oct	Gothenburg	Sweden		
28-29 Mar	Gothenburg	Sweden			14-15 Dec	Stockholm	Sweden		
BODYBALANCE®	05-06 Oct	Prague			Czech	01-02 Feb	Bucharest	Romania	
	12-13 Oct	Stockholm	Sweden		01-02 Feb	Gothenburg	Sweden		
	19-20 Oct	Oslo	Norway		15-16 Feb	Oslo	Norway		
	09-10 Nov	Gothenburg	Sweden		14-15 Mar	Stockholm	Sweden		
	16-17 Nov	Warsaw	Poland		RPM®	19-20 Oct	Stockholm	Sweden	
	14-15 Dec	Bucharest	Romania			09-10 Nov	Helsinki	Finland	
	14-15 Dec	Stockholm	Sweden			16-17 Nov	Bucharest	Romania	
	14-15 Dec	Tampere	Finland			15-16 Feb	Gotheburg	Sweden	
	11-12 Jan	Gothenburg	Sweden			BORN TO MOVE®	16-17 Nov	Gothenburg	Sweden
	25-26 Jan	Oslo	Sweden				11-12 Jan	Stockholm	Sweden
	01-02 Feb	Helsinki	Finland						
	08-09 Feb	Stockholm	Sweden						
	15-16 Feb	Warsaw	Poland						
	14-15 Feb	Tallinn	Estonia						
28-29 Mar	Stavanger	Norway							
BODYFLOW®	16-17 Nov	Copenhagen	Denmark						
	21-22 Mar	Horsens	Denmark						

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BODYSTEP®	12-13 Oct	Espoo	Finland	LES MILLS BARRE™	19-20 Oct	Malmö	Sweden
	14-15 Dec	Malmö	Sweden		26-27 Oct	Helsinki	Finland
	14-15 Dec	Oslo	Norway		11-12 Jan	Helsinki	Finland
	25-26 Jan	Frederikesunc	Denmark		28-29 Mar	Prague	Czech
	08-09 Feb	Helsinki	Finland		28-29 Mar	Stockholm	Sweden
BODYJAM®	05-06 Oct	Helsinki	Finland	LES MILLS TONE™	09-10 Nov	Helsinki	Finland
	12-13 Oct	Brøndby	Denmark		14-15 Dec	Stockholm	Sweden
	11-12 Jan	Stockholm	Sweden		01-02 Feb	Oslo	Norway
	14-15 Mar	Gothenburg	Sweden		21-22 Mar	Prague	Czech
SH'BAM®	14-15 Dec	Stockholm	Sweden				
	14-15 Dec	Helsinki	Finland				
	11-12 Jan	Copenhagen	Denmark				
	08-09 Feb	Gothenburg	Sweden				

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