



## QUARTERLY TRAININGS NOV & DEC 2019

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

## WEBINARS | THE TIMEZONE FOR ALL WEBINARS IS CENTRAL EUROPEAN TIME - CET

Date	Time	Program	Language	Trainer
02-Dec	20:00 - 20:45	BODYPUMP®	Finnish	Susanna Varsanpää & Mika Kankainen
02-Dec	21:00 - 21:45	BODYATTACK®	Finnish	Susanna Varsanpää & Niko Viskari
03-Dec	20:00 - 20:45	BODYPUMP®	Swedish *)	Michael Steenhouwer & Ida Sarström
03-Dec	21:00 - 21:45	BODYBALANCE®/BODYFLOW®	Swedish *)	Kristin Andersson & Hanna Lundh
04-Dec	19:00 - 19:45	CXWORX®	Swedish *)	Elin Hellström & Michael Steenhouwer
04-Dec	20:00 - 20:45	BODYBALANCE®/BODYFLOW®	Finnish	Susanna Varsanpää & Arja Vanhanen
04-Dec	21:00 - 21:45	BODYPUMP®	English *)	Michael Steenhouwer & Szymon Wesolowski
05-Dec	19:00 - 19:45	LES MILLS TONE™	English	Kristin Andersson & Tor Andersen
05-Dec	20:00 - 20:45	BODYBALANCE®/BODYFLOW®	English	Tor Andersen & Kristin Andersson
05-Dec	21:00 - 21:45	BODYSTEP®	English	Ditte Sommer Weinreich & Susanna Varsanpää
09-Dec	19:00 - 19:45	THE TRIP®	English	Adam Gripenblom & Eerika Bui
09-Dec	20:00 - 20:45	BODYCOMBAT®	Finnish	Eerika Bui & Mika Kankainen
09-Dec	21:00 - 21:45	BODYPUMP®	Swedish *)	Michael Steenhouwer & Ida Sarström
10-Dec	19:00 - 19:45	CXWORX®	English *)	Elin Hellström & Eerika Bui
10-Dec	20:00 - 20:45	LES MILLS BARRE™	English	Janni Lindgren & Charlotte Carlén
10-Dec	21:00 - 21:45	BODYATTACK®	English	Ditte Sommer Weinreich & Kristin Andersson
11-Dec	19:00 - 19:45	RPM®	English	Adam Gripenblom & Eerika Bui
11-Dec	20:00 - 20:45	LES MILLS SPRINT™	English	Adam Gripenblom & Ida Sarström
11-Dec	21:00 - 21:45	BODYCOMBAT®	English *)	Hanna Lundh & Szymon Wesolowski
12-Dec	19:00 - 19:45	SH'BAM®	English	Janni Lindgren & Charlotte Carlén
12-Dec	20:00 - 20:45	BODYJAM®	English	Janni Lindgren & Charlotte Carlén
12-Dec	21:00 - 21:45	LES MILLS GRIT®	English	Elin Hellström & Hanna Lundh
15-Dec	20:00 - 20:45	BODYPUMP®	English*)	Michael Steenhouwer & Szymon Wesolowski

**Heads up Finnish instructors. The webinars marked with \*) can be booked in the Instructor Portal by searching Helsinki.**

# SWEDEN I

City	Date	Time	Program	Location	Trainer	Note
Stockholm	27-Nov	06:30 - 08:15	<b>BODYPUMP® - 60 min format</b>	SATS Hötorget	Kimmo Jukuri	60 min Original Format
	28-Nov	06:30 - 08:15	<b>BODYBALANCE®</b>	SATS Zenit	Kristin Andersson	
	29-Nov	18:15 - 19:00	<b>SH'BAM® - Masterclass Only!</b>	Nordic Wellness Lindhagen	Charlotte Carlén, Dorotka Baburin, Kimmo Jukuri, Niklas Bohlin	
	29-Nov	19:15 - 20:15	<b>BODYJAM® - Masterclass Only!</b>	Nordic Wellness Lindhagen	Charlotte Carlén, Dorotka Baburin, Kimmo Jukuri, Niklas Bohlin	
	30-Nov	12:00 - 13:45	<b>THE TRIP®</b>	SATS Stureplan	Emmy Örn	
	30-Nov	12:00 - 13:30	<b>RPM®</b>	Nordic Wellness Karlavägen	Ida Sarström	
	30-Nov	14:00 - 15:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Karlavägen	Ida Sarström	
	30-Nov	15:30 - 17:15	<b>BODYPUMP® - 60 min format</b>	Nordic Wellness Karlavägen	Emmy Örn	60 min Original Format
	30-Nov	12:45 - 14:00	<b>LES MILLS BARRE™</b>	Nordic Wellness KTH-hallen	Niklas Bohlin	
	30-Nov	14:15 - 15:30	<b>CXWORX®</b>	Nordic Wellness KTH-hallen	Anna-Karin Wikström	
	30-Nov	15:45 - 17:30	<b>BODYBALANCE®</b>	Nordic Wellness KTH-hallen	Anna-Karin Wikström	
	01-Dec	13:30 - 15:00	<b>BODYPUMP® - 60 min format</b>	SATS Hötorget	Michael Steenhouwer	60 min Original Format
	01-Dec	15:30 - 17:15	<b>BODYCOMBAT®</b>	SATS Hötorget	Michael Steenhouwer	
	01-Dec	09:30 - 10:45	<b>LES MILLS GRIT® - Strength</b>	Nordic Wellness Lindhagen	Martin Krook	Strength
	01-Dec	11:15 - 12:30	<b>LES MILLS SPRINT™</b>	Nordic Wellness Lindhagen	Martin Krook	
	01-Dec	12:45 - 14:30	<b>BODYSTEP®</b>	Nordic Wellness Lindhagen	Ditte Sommer Weinreich	
	01-Dec	15:00 - 16:45	<b>BODYATTACK®</b>	Nordic Wellness Lindhagen	Ditte Sommer Weinreich	
	07-Dec	11:00 - 12:15	<b>LES MILLS GRIT® - Cardio</b>	Nordic Wellness Lindhagen	Elin Hellström	Cardio
	07-Dec	12:30 - 13:45	<b>CXWORX®</b>	Nordic Wellness Lindhagen	Elin Hellström	
	07-Dec	13:45 - 15:15	<b>RPM®</b>	Nordic Wellness Lindhagen	Olivia Lundkvist	
	07-Dec	15:45 - 17:30	<b>BODYPUMP® - 60 min format</b>	Nordic Wellness Lindhagen	Olivia Lundkvist	60 min Original Format

City	Date	Time	Program	Location	Trainer	Note	
Stockholm	07-Dec	12:45 - 14:30	<b>BODYBALANCE®</b>	Nordic Wellness KTH-hallen	Anna-Karin Wikström		
	07-Dec	14:45 - 16:30	<b>LES MILLS TONE™</b>	Nordic Wellness KTH-hallen	Fanny Åhlund	Note	
	07-Dec	16:45 - 18:15	<b>SH'BAM®</b>	Nordic Wellness KTH-hallen	Billy Magg		
	08-Dec	10:00 - 11:30	<b>RPM®</b>	Nordic Wellness Karlavägen	Adam Gripenblom		
	08-Dec	12:00 - 13:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Karlavägen	Adam Gripenblom		
	08-Dec	13:30 - 15:00	<b>BODYPUMP® - 45 min format</b>	Nordic Wellness Karlavägen	Cristine Skogastierna	45 min Express Format	
	08-Dec	15:30 - 16:45	<b>CXWORX®</b>	Nordic Wellness Karlavägen	Cristine Skogastierna		
	08-Dec	12:00 - 13:45	<b>BODYATTACK®</b>	Nordic Wellness KTH-hallen	Niko Viskari		
	08-Dec	14:00 - 15:45	<b>BODYBALANCE®</b>	Nordic Wellness KTH-hallen	Niko Viskari		
	08-Dec	13:30 - 15:15	<b>BODYCOMBAT®</b>	SATS Hötorget	Hanna Lundh		
	08-Dec	15:45 - 17:00	<b>LES MILLS GRIT® - Strength</b>	SATS Hötorget	Hanna Lundh	Strength	
	Göteborg	20-Nov	06:30 - 08:15	<b>BODYPUMP® - 60 min format</b>	Nordic Wellness Backaplan	Karin Björneloo	60 min Original Format
		23-Nov	12:30 - 14:00	<b>RPM®</b>	Nordic Wellness Backaplan	Ida Sarström	
		23-Nov	12:45 - 14:30	<b>BODYATTACK®</b>	Nordic Wellness Backaplan	Pernilla Andersson	
23-Nov		15:00 - 16:45	<b>BODYSTEP®</b>	Nordic Wellness Backaplan	Pernilla Andersson		
23-Nov		14:30 - 15:45	<b>LES MILLS SPRINT™</b>	Nordic Wellness Backaplan	Ida Sarström		
23-Nov		11:30 - 13:15	<b>BODYCOMBAT®</b>	SATS Kompassen	Jorge Scott Neyra		
23-Nov		11:30 - 13:15	<b>THE TRIP®</b>	SATS Kompassen	Adam Gripenblom		
23-Nov		13:30 - 15:00	<b>BODYPUMP® - 45 min format</b>	SATS Kompassen	Jorge Scott Neyra	45 min Express Format	
23-Nov		12:30 - 13:45	<b>CXWORX®</b>	STC Backa	Anna-Karin Wikström		
23-Nov		14:00 - 15:45	<b>BODYBALANCE®</b>	STC Backa	Anna-Karin Wikström		
24-Nov		12:00 - 13:45	<b>LES MILLS TONE™</b>	STC Backa	Fanny Åhlund		
24-Nov		14:00 - 15:15	<b>LES MILLS BARRE™</b>	STC Backa	Niklas Bohlin		
24-Nov		15:45 - 17:15	<b>SH'BAM®</b>	STC Backa	Niklas Bohlin		

City	Date	Time	Program	Location	Trainer	Note
Göteborg	24-Nov	11:30 - 13:15	<b>BODYBALANCE®</b>	Nordic Wellness Backaplan	Hanna Lundh	
	24-Nov	13:30 - 14:45	<b>LES MILLS GRIT® - Strength</b>	Nordic Wellness Backaplan	Hanna Lundh	Strength
	24-Nov	14:45 - 16:15	<b>RPM®</b>	Nordic Wellness Backaplan	Adam Gripenblom	
	24-Nov	16:30 - 17:45	<b>LES MILLS SPRINT™</b>	Nordic Wellness Backaplan	Adam Gripenblom	
	24-Nov	11:30 - 13:15	<b>BODYPUMP® - 60 min format</b>	Nordic Wellness Stigs Center	Cristine Skogastierna	60 min Original Format
	24-Nov	13:45 - 15:00	<b>CXWORX®</b>	Nordic Wellness Stigs Center	Cristine Skogastierna	
	30-Nov	14:30 - 16:00	<b>SH'BAM®</b>	Nordic Wellness Stigs Center	Kimmo Jukuri	
	30-Nov	16:15 - 18:00	<b>BODYJAM®</b>	Nordic Wellness Stigs Center	Kimmo Jukuri	
	30-Nov	12:30 - 14:15	<b>BODYBALANCE®</b>	Nordic Wellness Backaplan	Hanna Lundh	
	30-Nov	14:30 - 16:15	<b>BODYPUMP® - 60 min format</b>	Nordic Wellness Backaplan	Karin Björneloo	60 min Original Format
30-Nov	16:30 - 17:45	<b>LES MILLS GRIT® - Cardio</b>	Nordic Wellness Backaplan	Karin Björneloo	Cardio	
01-Dec	11:30 - 13:15	<b>BODYATTACK®</b>	Nordic Wellness Stigs Center	Julia Pohjanen		
01-Dec	13:30 - 14:45	<b>CXWORX®</b>	Nordic Wellness Stigs Center	Julia Pohjanen		
01-Dec	15:00 - 16:45	<b>BODYCOMBAT®</b>	Nordic Wellness Stigs Center	Marco Mazza Klemi		
01-Dec	12:30 - 13:45	<b>LES MILLS GRIT® - Strength</b>	Nordic Wellness Backaplan	Karin Björneloo	Strength	
01-Dec	13:45 - 15:00	<b>LES MILLS SPRINT™</b>	Nordic Wellness Backaplan	Jimmy Liew		
01-Dec	14:15 - 16:00	<b>BODYPUMP® - 60 min format</b>	Nordic Wellness Backaplan	Karin Björneloo	60 min Original Format	
01-Dec	15:30 - 17:00	<b>RPM®</b>	Nordic Wellness Backaplan	Jimmy Liew		
Umeå	08-Dec	10:00 - 11:30	<b>SH'BAM®</b>	IKSU Sport	Elin Hellström	
	08-Dec	12:00 - 13:15	<b>LES MILLS GRIT® - Strength</b>	IKSU Sport	Elin Hellström	Strength
	08-Dec	13:30 - 15:15	<b>BODYPUMP® - 60 min format</b>	IKSU Sport	Elin Atlebond	60 min Original Format
	08-Dec	15:45 - 17:30	<b>BODYBALANCE®</b>	IKSU Sport	Elin Atlebond	
Hudiksvall	30-Nov	12:00 - 13:45	<b>BODYPUMP® - 60 min format</b>	Hudiksvalls Gym & Fitnesscenter	Michael Steenhouwer	60 min Original Format
	30-Nov	14:00 - 15:15	<b>CXWORX®</b>	Hudiksvalls Gym & Fitnesscenter	Michael Steenhouwer	

City	Date	Time	Program	Location	Trainer	Note	
Malmö	30-Nov	11:15 - 12:45	<b>BODYPUMP® - 45 min format</b>	Nordic Wellness Emporia	Daniela Cirlig	45 min Express Format	
	30-Nov	13:00 - 14:15	<b>CXWORX®</b>	Nordic Wellness Emporia	Daniela Cirlig		
	30-Nov	10:45 - 12:15	<b>RPM®</b>	Nordic Wellness Folkets Park	Jimmy Liew		
	30-Nov	12:45 - 14:00	<b>LES MILLS SPRINT™</b>	Nordic Wellness Folkets Park	Jimmy Liew		
	30-Nov	12:45 - 14:30	<b>LES MILLS TONE™</b>	Nordic Wellness Folkets Park	Tor Andersen		
	30-Nov	14:45 - 16:30	<b>BODYBALANCE®</b>	Nordic Wellness Folkets Park	Tor Andersen		
Malmö	01-Dec	12:15 - 14:00	<b>BODYPUMP® - 60 min format</b>	Nordic Wellness Folkets Park	Kimmo Jukuri	60 min Original Format	
	01-Dec	14:30 - 16:15	<b>BODYJAM®</b>	Nordic Wellness Folkets Park	Kimmo Jukuri		
	01-Dec	12:30 - 14:15	<b>BODYCOMBAT®</b>	Kockum Fritid	Hanna Lundh		
	01-Dec	14:45 - 16:00	<b>LES MILLS GRIT® - Cardio</b>	Kockum Fritid	Hanna Lundh	Cardio	
	07-Dec	12:45 - 14:30	<b>BODYCOMBAT®</b>	Nordic Wellness Folkets Park	Daniel Isaksson		
	07-Dec	15:00 - 16:45	<b>BODYATTACK®</b>	Nordic Wellness Folkets Park	Daniel Isaksson		
	07-Dec	13:15 - 15:00	<b>BODYPUMP® - 60 min format</b>	Kockum Fritid	Martin Krook	60 min Original Format	
	07-Dec	15:15 - 16:30	<b>LES MILLS GRIT® - Strength</b>	Kockum Fritid	Martin Krook	Strength	
	08-Dec	11:00 - 12:15	<b>LES MILLS SPRINT™</b>	Nordic Wellness Folkets Park	Jimmy Liew		
	08-Dec	12:15 - 13:30	<b>CXWORX®</b>	Nordic Wellness Folkets Park	Paya Johansen		
Malmö	08-Dec	12:45 - 14:15	<b>RPM®</b>	Nordic Wellness Folkets Park	Jimmy Liew		
	08-Dec	12:30 - 14:15	<b>BODYSTEP®</b>	Kockum Fritid	Theresa Tengler		
	08-Dec	14:45 - 16:30	<b>BODYBALANCE®</b>	Kockum Fritid	Theresa Tengler		
	08-Dec	14:00 - 15:30	<b>SH'BAM®</b>	Nordic Wellness Emporia	Niklas Bohlin		
	08-Dec	15:45 - 17:00	<b>LES MILLS BARRE™</b>	Nordic Wellness Emporia	Niklas Bohlin		
	Linköping	23-Nov	10:45 - 12:30	<b>BODYPUMP® - 60 min format</b>	Campushallen/LSIF	Emmy Örn	60 min Original Format
		23-Nov	13:00 - 14:30	<b>BODYPUMP® - 45 min format</b>	Campushallen/LSIF	Emmy Örn	45 min Express Format
	Halmstad	24-Nov	09:00 - 10:45	<b>BODYPUMP® - 60 min format</b>	Nordic Wellness Halmstad City	Karin Björneloo	60 min Original Format
24-Nov		11:15 - 12:30	<b>LES MILLS GRIT® - Strength</b>	Nordic Wellness Halmstad City	Karin Björneloo	Strength	
24-Nov		12:45 - 14:00	<b>CXWORX®</b>	Nordic Wellness Halmstad City	Kristin Andersson		
24-Nov		14:15 - 16:00	<b>BODYBALANCE®</b>	Nordic Wellness Halmstad City	Kristin Andersson		

# NORWAY I

City	Date	Time	Program	Location	Trainer	Note
Oslo	23-Nov	09:30-11:15	SH`BAM®	Condis Treningssenter Lørenskog	Billy Magg	
	23-Nov	11:30-13:15	BODYJAM®	Condis Treningssenter Lørenskog	Charlotte Carlén	
	23-Nov	13:30-14:45	LES MILLS BARRE™	Condis Treningssenter Lørenskog	Charlotte Carlén	
	23-Nov	15:00-16:45	LES MILLS TONE™	Condis Treningssenter Lørenskog	Maria Carmen Øyhovden	
	24-Nov	09:30-11:15	BODYBALANCE®	Condis Treningssenter Lørenskog	Ragnhild Lien & Stine Pedersen	
	24-Nov	11:30-13:15	BODYPUMP® - 60 min format	Condis Treningssenter Lørenskog	Maria Carmen Øyhovden	60 min Original Format
	24-Nov	13:30-14:45	LES MILLS GRIT®	Condis Treningssenter Lørenskog	Jorge Scott Neyra	
	24-Nov	15:00-17:15	BODYCOMBAT®	Condis Treningssenter Lørenskog	Jorge Scott Neyra	
	30-Nov	10:00-11:45	RPM®	Condis Treningssenter Lørenskog	Adam Gripenblom	
	30-Nov	12:00-13:15	LES MILLS SPRINT™	Condis Treningssenter Lørenskog	Adam Gripenblom	
Oslo	01-Dec	09:30-11:15	BODYPUMP® - 60 min format	Condis Treningssenter Lørenskog	Maria Carmen Øyhovden	60 min Original Format
	01-Dec	11:30-12:45	CXWORX®	Condis Treningssenter Lørenskog	Sander Gudim Johansen	
	01-Dec	13:00-14:45	BODYBALANCE®	Condis Treningssenter Lørenskog	Ragnhild Lien	
	01-Dec	15:00-16:45	BODYATTACK®	Condis Treningssenter Lørenskog	Sander Gudim Johansen	
	01-Dec	17:00-18:45	BODYSTEP®	Condis Treningssenter Lørenskog	Marthe Fyndal Havnås	
Trondheim	07-Dec	12:45-14:30	BODYPUMP® - 60 min format	Fresh Fitness Lade Arena	Marthe Fyndal Havnås	60 min Original Format
	07-Dec	14:45-16:30	BODYATTACK®	Fresh Fitness Lade Arena	Marthe Fyndal Havnås	
Bodø	08-Dec	10:00-11:45	BODYPUMP® - 60 min format	Stamina Trening City Nord	Jorge Scott Neyra	60 min Original Format
	08-Dec	12:00-13:45	BODYBALANCE®	Stamina Trening City Nord	Ragnhild Lien	

# DENMARK I

City	Date	Time	Program	Location	Trainer	Note
Copenhagen	01-Dec	11.30-13.15	BODYFLOW®	SATS Fisketorvet	Tor Andersen	
	01-Dec	13.30-15.15	LES MILLS TONE®	SATS Fisketorvet	Tor Andersen	Open Masterclass
	07-Dec	09.00-10.45	BODYJAM®	SATS Royal	Claudia De La Mau	
	07-Dec	11.00-12.45	BODYCOMBAT®	SATS Royal	Mikkel Hjorth	
	07-Dec	13.00-14.45	BODYPUMP® - 60 min format	SATS Royal	Mikkel Hjorth	60 min Original Format
	07-Dec	15.00-16.15	CXWORX®	SATS Royal	Paya Johansen	Open Masterclass
	07-Dec	16.30-18.15	BODYFLOW®	SATS Royal	Paya Johansen	
	08-Dec	12.30-14.15	BODYSTEP®	SATS Parken	Jarno Tynkkynen	
	08-Dec	14.30-15.45	LES MILLS GRIT®	SATS Parken	Jarno Tynkkynen	Open Masterclass
	08-Dec	14.30-16.15	BODYPUMP® - 60 min format	SATS Parken	Veronica Benesova	60 min Original Format
	08-Dec	16.30-18.15	BODYATTACK®	SATS Parken	Veronica Benesova	
Varde	24-Nov	09.30-11.15	BODYSTEP®	FysioDanmark Varde	Ditte Sommer Weinreich	
	24-Nov	11.30-13.15	BODYATTACK®	FysioDanmark Varde	Ditte Sommer Weinreich	
	24-Nov	13.30-15.15	BODYPUMP® - 60 min format	FysioDanmark Varde	Mikkel Hjorth	60 min Original Format
	24-Nov	15.30-17.15	BODYFLOW®	FysioDanmark Varde	Paya Johansen	
Vejle	30-Nov	09.15-11.00	BODYPUMP® - 60 min format	Lido Fitness Vejle	Kristin Andersson	60 min Original Format
	30-Nov	11.15-13.00	BODYCOMBAT®	Lido Fitness Vejle	Andy Valencia	
	30-Nov	14.00-15.30	SH`BAM®	Lido Fitness Vejle	Janni Lindgren	
	30-Nov	12.30-13.45	LES MILLS BARRE®	Lido Fitness Vejle	Janni Lindgren	Open Masterclass
	30-Nov	14.30-16.15	BODYFLOW®	Lido Fitness Vejle	Kristin Andersson	



# FINLAND I

City	Date	Time	Program	Location	Trainer	Note
Helsinki	29-Nov	16:45 - 18:00	LES MILLS GRIT®	Fitness24seven Pasila	Mika Kankainen	
	29-Nov	18:15 - 19:45	BODYPUMP® - 45 min format	Fitness24seven Pasila	Mika Kankainen	45 min Express Format
	23-Nov	09:00 - 10:45	BODYPUMP® - 60 min format	Forever Herttoniemi	Susanna Varsanpää	60 min Original Format
	23-Nov	11:00 - 12:45	BODYATTACK®	Forever Herttoniemi	Susanna Varsanpää	
	23-Nov	13:00 - 14:15	BODYCOMBAT®	Forever Herttoniemi	Guilherme Reis	
	23-Nov	14:30 - 16:15	BODYSTEP®	Forever Herttoniemi	Hanne Vilpponen	
	23-Nov	14:30 - 15:45	CXWORX®	Forever Herttoniemi	Arja Vanhanen	
	23-Nov	16:15 - 17:45	LES MILLS TONE™	Forever Herttoniemi	Arja Vanhanen	
	23-Nov	16:15 - 17:45	RPM®	Forever Herttoniemi	Eerika Bui	
	23-Nov	18:00 - 19:15	LES MILLS SPRINT™	Forever Herttoniemi	Kira Tiivola	
	23-Nov	18:00 - 19:45	BODYBALANCE®	Forever Herttoniemi	Arja Vanhanen	
Helsinki/ Espoo	01-Dec	12:30 - 14:00	SH'BAM®	Esport Aalto	Janni Lindgren	
	01-Dec	14:15 - 15:30	LES MILLS BARRE™	Esport Aalto	Janni Lindgren	
Tampere	23-Nov	12:00 - 13:30	SH'BAM®	GoGo City	Kimmo Jukuri	
	23-Nov	13:45 - 15:30	BODYJAM®	GoGo City	Kimmo Jukuri	
	24-Nov	10:15 - 12:00	BODYCOMBAT®	GoGo Park	Karo Nyman	
	24-Nov	12:15 - 14:00	BODYATTACK®	GoGo Park	Niko Viskari	
	24-Nov	14:00 - 15:45	BODYPUMP® - 60 min format	GoGo Park	Niko Viskari	60 min Original Format
	24-Nov	16:00 - 17:15	CXWORX®	GoGo Park	Arja Vanhanen	
	24-Nov	17:30 - 19:15	BODYBALANCE®	GoGo Park	Arja Vanhanen	
Varkaus	30-Nov	10:00 - 11:45	BODYCOMBAT®	FIT Varkaus	Guilherme Reis	
	30-Nov	12:00 - 13:45	BODYPUMP® - 60 min format	FIT Varkaus	Niko Viskari	60 min Original Format
	30-Nov	14:00 - 15:45	BODYBALANCE®	FIT Varkaus	Niko Viskari	

City	Date	Time	Program	Location	Trainer	Note
Kokkola	23-Nov	10:45 - 12:00	LES MILLS GRIT®	Actilife Kuntokeskus	Mika Kankainen	
	23-Nov	12:15 - 14:00	BODYCOMBAT®	Actilife Kuntokeskus	Mika Kankainen	
	23-Nov	14:15 - 16:00	BODYPUMP® - 60 min format	Actilife Kuntokeskus	Jarno Tynkkynen	60 min Original Format
	23-Nov	16:15 - 18:00	BODYBALANCE®	Actilife Kuntokeskus	Jarno Tynkkynen	
Oulu	24-Nov	09:00 - 10:45	BODYCOMBAT®	Liikuntakeskus Hukka	Pia Niemi	
	24-Nov	11:00 - 12:45	BODYPUMP® - 60 min format	Liikuntakeskus Hukka	Pia Niemi	60 min Original Format
	24-Nov	13:00 - 14:45	BODYATTACK®	Liikuntakeskus Hukka	Kira Tiivola	
	24-Nov	14:50 - 16:35	BODYSTEP®	Liikuntakeskus Hukka	Jarno Tynkkynen	
	24-Nov	16:40 - 18:25	BODYBALANCE®	Liikuntakeskus Hukka	Jarno Tynkkynen	
Lappeenranta	30-Nov	10:15 - 12:00	BODYCOMBAT®	SYKE Training Center	Pia Niemi	
	30-Nov	12:05 - 13:50	BODYPUMP® - 60 min format	SYKE Training Center	Pia Niemi	60 min Original Format
Turku	01-Dec	09:00 - 10:25	THE TRIP™	M&M Kupittaa	Eerika Bui	
	01-Dec	10:30 - 12:00	RPM®	M&M Kupittaa	Eerika Bui	
	01-Dec	10:30 - 12:00	LES MILLS TONE™	M&M Kupittaa	Kimi Holm	
	01-Dec	12:15 - 13:30	CXWORX®	M&M Kupittaa	Eerika Bui	
	01-Dec	13:35 - 15:20	BODYPUMP® - 60 min format	M&M Kupittaa	Niko Viskari	60 min Original Format
	01-Dec	15:30 - 17:15	BODYBALANCE®	M&M Kupittaa	Niko Viskari	

## POLAND I

City	Date	Time	Program	Location	Trainer	Note
Warszawa	23-Nov	12:30-14:15	BODYBALANCE®	Fabryka Formy Rondo 1	Natalia Litwiniuk	
	23-Nov	14:30-16:15	BODYCOMBAT®	Fabryka Formy Rondo 1	Edyta Długa	
	23-Nov	16:30-18:15	BODYPUMP® - 60 min format	Fabryka Formy Rondo 1	Edyta Długa	60 min Original Format
	24-Nov	10:00-11:45	BODYPUMP® - 60 min format	Fabryka Formy Rondo 1	Szymon Wesółowski	60 min Original Format
	24-Nov	12:00-13:15	CXWORX®	Fabryka Formy Rondo 1	Paweł Jeziorek	
	24-Nov	13:30-14:45	LES MILLS GRIT®	Fabryka Formy Rondo 1	Szymon Wesółowski	
	Poznan	30-Nov	10:00-11:45	BODYPUMP® - 60 min format	StepONE Poznan	Paweł Jeziorek
30-Nov		12:00-13:45	BODYBALANCE®	StepONE Poznan	Natalia Litwiniuk	
30-Nov		14:00-15:15	CXWORX®	StepONE Poznan	Paweł Jeziorek	
30-Nov		15:30-16:45	LES MILLS GRIT®	StepONE Poznan	Szymon Wesółowski	

## ROMANIA I

City	Date	Time	Program	Location	Trainer	Note
Bucharest	08-Dec	12:00-13:45	BODYBALANCE®	World Class Romania Plaza	Natalia Litwiniuk	
	08-Dec	14:00-15:45	BODYPUMP® - 60 min format	World Class Romania Plaza	Stelian Constantin	60 min Original Format
	08-Dec	16:00-17:15	CXWORX®	World Class Romania Plaza	Daniela Cirlig	
	08-Dec	17:30-19:15	BODYCOMBAT®	World Class Romania Plaza	Cristina Constantinescu	
Timisoara	07-Dec	14:00-15:45	BODYPUMP® - 60 min format	D' Point Studio	Daniela Cirlig	60 min Original Format

## CZECH | SLOVAKIA

City	Date	Time	Program	Location	Trainer	Note
Prague	01-Dec	0830-1015	<b>BODYPUMP® - 60 min format</b>	Factory Pro Nadrazni 762/32	Filip Kulstrunk	60 min Original Format
	01-Dec	1015-1200	<b>BODYATTACK®</b>	Factory Pro Nadrazni 762/32	Veronika Benesova	
	01-Dec	1200-1315	<b>CXWORX®</b>	Factory Pro Nadrazni 762/32	Ria Hrusovska	
	01-Dec	1300-1445	<b>BODYBALANCE®</b>	Factory Pro Nadrazni 762/32	Veronika Benesova	
	01-Dec	1315-1500	<b>BODYCOMBAT®</b>	Factory Pro Nadrazni 762/32	Filip Kulstrunk	
	01-Dec	1500-1630	<b>BODYPUMP® - 45 min format</b>	Factory Pro Nadrazni 762/32	Veronika Benesova	45 min Express Format

## ESTONIA |

City	Date	Time	Program	Location	Trainer	Note
Tallinn	07-Dec	10:00 - 11:45	<b>BODYBALANCE®</b>	Audentes Fitness	Kersti Ojalill	60 min Original Format
	07-Dec	12:00 - 13:45	<b>BODYPUMP® - 60 min format</b>	Audentes Fitness	Siim Kelner	
	08-Dec	10:00 - 11:45	<b>BODYATTACK®</b>	Audentes Fitness	Kira Tiivola	
	08-Dec	12:00 - 13:45	<b>BODYCOMBAT®</b>	Audentes Fitness	Filip Kulstrunk	
	08-Dec	14:00 - 15:45	<b>BODYPUMP® - 60 min format</b>	Audentes Fitness	Filip Kulstrunk	60 min Original Format