

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

Program	Date	City	Country	Program	Date	City	Country		
<b>BODYATTACK®</b>	14-15 Dec	Horsens	Denmark	<b>BODYCOMBAT®</b>	14-15 Dec	Helsinki	Finland		
	14-15 Dec	Gothenburg	Sweden		14-15 Dec	Gothenburg	Sweden		
	18-19 Jan	Stavangen	Norway		11-12 Jan	Prague	Czech		
	25-26 Jan	Prague	Czech		18-19 Jan	Malmö	Sweden		
	25-26 Jan	Stockholm	Sweden		08-09 Feb	Stockholm	Sweden		
	15-16 Feb	Gothenburg	Sweden		15-16 Feb	Aarhus	Denmark		
	14-15 Mar	Oslo	Norway		15-16 Feb	Oslo	Norway		
	14-15 Mar	Warsaw	Poland		14-15 Mar	Gothenburg	Sweden		
	21-22 Mar	Stockholm	Sweden		21-22 Mar	Warsaw	Poland		
28-29 Mar	Helsinki	Finland	28-29 Mar	Oulu	Finland				
<b>BODYPUMP®</b>	14-15 Dec	Oslo	Norway	<b>LES MILLS GRIT™</b>	14-15 Dec	Roskilde	Denmark		
	14-15 Dec	Stockholm	Sweden		04-05 Jan	Gothenburg	Sweden		
	14-15 Dec	Warsaw	Poland		18-19 Jan	Warsaw	Poland		
	21-22 Dec	Copenhagen	Denmark		15-16 Feb	Stockholm	Sweden		
	21-22 Dec	Gothenburg	Sweden		07-08 Mar	Prague	Czech		
	04-05 Jan	Stockholm	Sweden	21-22 Mar	Gothenburg	Sweden			
	11-12 Jan	Oulu	Finland	<b>LES MILLS SPRINT™</b>	14-15 Dec	Stockholm	Sweden		
	18-19 Jan	Gothenburg	Sweden		01-02 Feb	Bucharest	Romania		
	25-26 Jan	Tallinn	Estonia		01-02 Feb	Gothenburg	Sweden		
	01-02 Feb	Drammen	Norway		15-16 Feb	Oslo	Norway		
	01-02 Feb	Horsens	Denmark		14-15 Mar	Stockholm	Sweden		
	01-02 Feb	Stockholm	Sweden	<b>RPM®</b>	15-16 Feb	Gothenburg	Sweden		
	01-02 Feb	Warsaw	Poland		<b>BORN TO MOVE®</b>	11-12 Jan	Stockholm	Sweden	
	08-09 Feb	Prague	Czech			<b>CXWORX®</b>	21-22 Dec	Gothenburg	Sweden
	15-16 Feb	Gothenburg	Sweden				11-12 Jan	Warsaw	Poland
15-16 Feb	Bucharest	Romania	18-19 Jan				Prague	Czech	
14-15 Mar	Stockholm	Sweden	25-26 Jan	Helsinki			Finland		
28-29 Mar	Gothenburg	Sweden	25 - 26 Jan	Stockholm	Sweden				
<b>BODYBALANCE®</b>	14-15 Dec	Bucharest	Romania	08-09 Feb	Malmö	Sweden			
	14-15 Dec	Stockholm	Sweden	08-09 Feb	Oslo	Norway			
	14-15 Dec	Tampere	Finland	21-22 Mar	Stockholm	Sweden			
	11-12 Jan	Gothenburg	Sweden	<b>BODYSTEP®</b>	14-15 Dec	Malmö	Sweden		
	25-26 Jan	Oslo	Norway		14-15 Dec	Oslo	Norway		
	01-02 Feb	Helsinki	Finland		25-26 Jan	Frederikesunc	Denmark		
	08-09 Feb	Stockholm	Sweden		08-09 Feb	Helsinki	Finland		
	15-16 Feb	Warsaw	Poland		<b>BODYJAM®</b>	11-12 Jan	Stockholm	Sweden	
	14-15 Feb	Tallinn	Estonia	14-15 Mar		Gothenburg	Sweden		
	14-15 Mar	Gothenburg	Sweden	<b>SH'BAM®</b>		14-15 Dec	Stockholm	Sweden	
21-22 Mar	Prague	Czech	14-15 Dec		Helsinki	Finland			
28-29 Mar	Stavanger	Norway	11-12 Jan		Copenhagen	Denmark			
			08-09 Feb		Gothenburg	Sweden			
<b>BODYFLOW®</b>	21-22 Mar	Horsens	Denmark	<b>LES MILLS TONE™</b>	14-15 Dec	Stockholm	Sweden		
					01-02 Feb	Oslo	Norway		
<b>LES MILLS BARRE</b>	11-12 Jan	Helsinki	Finland						
	28-29 Mar	Prague	Czech						
	28-29 Mar	Stockholm	Sweden						

Advanced Training Live & Online 2019-2020 | Book your training in the Instructor Portal >>

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

**Cancellations Policy**

A booking can be cancelled up until 14 days prior to training start. If the booking is paid with credit card (private person), we will refund the full amount. If the booking is made by a club, we will not invoice for the training. If the booking is cancelled later than 14 days prior, we will take a late cancellation fee and a training material cost that will be invoiced (club) or deducted from the full amount being refunded (private person). If the participant can present a doctor's certificate stating that the person was unable to attend the training, we will refund the full amount except the training material cost (private person) or only invoice for the training material cost (club).