

## Initial Module Training January 2020- March 2021 | Book your training in the Instructor Portal >>

Program	Date	City	Country	Program	Date	City	Country		
<b>BODYATTACK®</b>	18-19 Jan	Stavanger	Norway	<b>BODYBALANCE®</b>	09-10 Jan	Oslo	Norway		
	25-26 Jan	Prague	Czech		<b>BODYFLOW® (DK)</b>	30-31 Jan	Gothenburg	Sweden	
	25-26 Jan	Stockholm	Sweden			06-07 Feb	Helsinki	Finland	
	15-16 Feb	Gothenburg	Sweden			20-21 Feb	Stockholm	Sweden	
	14-15 Mar	Oslo	Norway			20-21 Mar	Oslo	Norway	
	14-15 Mar	Warsaw	Poland			20-21 Mar	Tallinn	Estonia	
	21-22 Mar	Stockholm	Sweden			27-28 Mar	Horsens	Denmark	
	28-29 Mar	Helsinki	Finland			27-28 Mar	Warsaw	Poland	
	18-19 Apr	Roskilde	Denmark			<b>BODYCOMBAT®</b>	11-12 Jan	Prague	Czech
	02-03 May	Gothenburg	Sweden				18-19 Jan	Malmö	Sweden
	09-10 May	Tallinn	Estonia	08-09 Feb			Stockholm	Sweden	
	13-14 Jun	Oslo	Norway	15-16 Feb	Aarhus		Denmark		
	04-05 Jul	Stockholm	Sweden	15-16 Feb	Oslo		Norway		
	15-16 Aug	Gothenburg	Sweden	14-15 Mar	Gothenburg		Sweden		
	15-16 Aug	Helsinki	Finland	21-22 Mar	Warsaw		Poland		
	26-27 Sep	Oslo	Norway	28-29 Mar	Oulu		Finland		
	26-27 Sep	Warsaw	Poland	04-05 Apr	Oslo		Norway		
	10-11 Oct	Tallinn	Estonia	18-19 Apr	Tallinn		Estonia		
	17-18 Oct	Stockholm	Sweden	25-26 Apr	Copenhagen		Denmark		
	07-08 Nov	Aarhus	Denmark	02-03 May	Stockholm		Sweden		
	12-13 Dec	Gothenburg	Sweden	09-10 May	Helsinki		Finland		
	12-13 Dec	Helsinki	Finland	27-28 Jun	Oslo		Norway		
	16-17 Jan	Oslo	Norway	04-05 Jul	Prague		Czech		
	30-31 Jan	Stockholm	Sweden	11-12 Jul	Warsaw		Poland		
	06-07 Feb	Copenhagen	Denmark	25-26 Jul	Gothenburg		Sweden		
	20-21 Feb	Gothenburg	Sweden	22-23 Aug	Oslo	Norway			
	27-28 Mar	Helsinki	Finland	22-23 Aug	Bucharest	Romania			
<b>BODYBALANCE®</b>	11-12 Jan	Gothenburg	Sweden	29-30 Aug	Aarhus	Denmark			
	<b>BODYFLOW® (DK)</b>	01-02 Feb	Helsinki	Finland	26-27 Sep	Stockholm	Sweden		
		08-09 Feb	Stockholm	Sweden	26-27 Sep	Helsinki	Finland		
15-16 Feb		Warsaw	Poland	10-11 Oct	Warsaw	Poland			
	14-15 Feb	Tallinn	Estonia	17-18 Oct	Oslo	Norway			
	14-15 Mar	Gothenburg	Sweden	07-08 Nov	Gothenburg	Sweden			
	21-22 Mar	Horsens	Denmark	07-08 Nov	Prague	Czech			
	21-22 Mar	Prague	Czech	14-15 Nov	Tallinn	Estonia			
	28-29 Mar	Stavanger	Norway	12-13 Dec	Tampere	Finland			
	18-19 Apr	Stockholm	Sweden	19-20 Dec	Oslo	Norway			
	25-26 Apr	Copenhagen	Denmark	09-10 Jan	Odense	Denmark			
	02-03 May	Oslo	Norway	16-17 Jan	Stockholm	Sweden			
	09-10 May	Gothenburg	Sweden	23-24 Jan	Warsaw	Poland			
	09-10 May	Helsinki	Finland	13-14 Feb	Oslo	Norway			
	06-07 Jun	Warsaw	Poland	20-21 Mar	Helsinki	Finland			
	27-28 Jun	Stockholm	Sweden	27-28 Mar	Gothenburg	Sweden			
	27-28 Jun	Prague	Czech	<b>BODYJAM®</b>	11-12 Jan	Stockholm	Sweden		
	01-02 Aug	Gothenburg	Sweden		14-15 Mar	Gothenburg	Sweden		
	08-09 Aug	Helsinki	Finland		02-03 May	Horsens	Denmark		
	15-16 Aug	Oslo	Norway		09-10 May	Stockholm	Sweden		
	26-27 Sep	Aarhus	Denmark		09-10 May	Prague	Czech		
	26-27 Sep	Bucharest	Romania		06-07 Jun	Helsinki	Finland		
	26-27 Sep	Tallinn	Estonia		04-05 Jul	Oslo	Norway		
	03-04 Oct	Stockholm	Sweden		22-23 Aug	Warsaw	Poland		
	17-18 Oct	Prague	Czech		29-30 Aug	Gothenburg	Sweden		
	31 Oct-1 Nov	Oslo	Norway		31 Oct-1 Nov	Stockholm	Sweden		
	07-08 Nov	Gothenburg	Sweden		14-15 Nov	Copenhagen	Denmark		
	14-15 Nov	Oulu	Finland		06-07 Feb	Gothenburg	Sweden		
	12-13 Dec	Copenhagen	Denmark						
	12-13 Dec	Warsaw	Poland						
	19-20 Dec	Stockholm	Sweden						

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Program	Date	City	Country	Program	Date	City	Country
<b>BODYPUMP®</b>	04-05 Jan	Stockholm	Sweden	<b>BODYSTEP®</b>	25-26 Jan	Frederikesund	Denmark
	11-12 Jan	Oulu	Finland		08-09 Feb	Helsinki	Finland
	18-19 Jan	Gothenburg	Sweden		25-26 Apr	Stockholm	Sweden
	25-26 Jan	Tallinn	Estonia		09-10 May	Oslo	Norway
	01-02 Feb	Drammen	Norway		06-07 Jun	Aarhus	Denmark
	01-02 Feb	Horsens	Denmark		13-14 Jun	Oulu	Finland
	01-02 Feb	Stockholm	Sweden		29-30 Aug	Oslo	Norway
	01-02 Feb	Warsaw	Poland		24-25 Oct	Helsinki	Finland
	08-09 Feb	Prague	Czech		12-13 Dec	Gothenburg	Sweden
	15-16 Feb	Gothenburg	Sweden		13-14 Feb	Copenhagen	Denmark
	15-16 Feb	Bucharest	Romania		27-28 Mar	Oslo	Norway
	14-15 Mar	Stockholm	Sweden				
	28-29 Mar	Gothenburg	Sweden	<b>BORN TO MOVE®</b>	11-12 Jan	Gothenburg	Sweden
	04-05 Apr	Copenhagen	Denmark		01-02 Aug	Gothenburg	Sweden
	04-05 Apr	Warsaw	Poland		08-09 Aug	Stockholm	Sweden
	18-19 Apr	Oslo	Norway		09-10 Jan	Malmö	Sweden
	25-26 Apr	Stockholm	Sweden		16-17 Jan	Gothenburg	Sweden
	25-26 Apr	Prague	Czech				
	09-10 May	Gothenburg	Sweden	<b>CXWORX®</b>	11-12 Jan	Warsaw	Poland
	09-10 May	Tampere	Finland		18-19 Jan	Prague	Czech
	09-10 May	Bucharest	Romania		25-26 Jan	Helsinki	Finland
	06-07 Jun	Odense	Denmark		25 - 26 Jan	Stockholm	Sweden
	13-14 Jun	Oslo	Norway		08-09 Feb	Malmö	Sweden
	27-28 Jun	Stockholm	Sweden		08-09 Feb	Oslo	Norway
	11-12 Jul	Prague	Czech		21-22 Mar	Stockholm	Sweden
	18-19 Jul	Gothenburg	Sweden		18-19 Apr	Helsinki	Finland
	01-02 Aug	Oslo	Norway		18-19 Apr	Warsaw	Poland
	08-09 Aug	Stockholm	Sweden		25-26 Apr	Oslo	Norway
	08-09 Aug	Helsinki	Finland		02-03 May	Gothenburg	Sweden
	08-09 Aug	Horsens	Denmark		09-10 May	Copenhagen	Denmark
	08-09 Aug	Bucharest	Romania		27-28 Jun	Stockholm	Sweden
	15-16 Aug	Warsaw	Poland		11-12 Jul	Gothenburg	Sweden
	22-23 Aug	Tallinn	Estonia		08-09 Aug	Oslo	Norway
	29-30 Aug	Gothenburg	Sweden		15-16 Aug	Stockholm	Sweden
	26-27 Sep	Stockholm	Sweden		29-30 Aug	Prague	Czech
	10-11 Oct	Gothenburg	Sweden		26-27 Sep	Tampere	Finland
	10-11 Oct	Copenhagen	Denmark		26-27 Sep	Bucharest	Romania
	24-25 Oct	Oslo	Norway		03-04 Oct	Warsaw	Poland
	31 Oct-1 Nov	Stockholm	Sweden		17-18 Oct	Gothenburg	Sweden
	31 Oct-1 Nov	Prague	Czech		07-08 Nov	Oslo	Norway
	07-08 Nov	Helsinki	Finland		14-15 Nov	Stockholm	Sweden
	14-15 Nov	Gothenburg	Sweden		12-13 Dec	Helsinki	Finland
	14-15 Nov	Warsaw	Poland		19-20 Dec	Gothenburg	Sweden
	12.-13 Dec	Oslo	Norway		16-17 Jan	Stockholm	Sweden
	12.-13 Dec	Bucharest	Romania		16-17 Jan	Prague	Czech
	19-20 Dec	Stockholm	Sweden		23-24 Jan	Oslo	Norway
	09-10 Jan	Gothenburg	Sweden		30-31 Jan	Warsaw	Poland
	09-10 Jan	Helsinki	Finland		13-14 Feb	Gothenburg	Sweden
	23-24 Jan	Stockholm	Sweden		27-28 Mar	Stockholm	Sweden
	23-24 Jan	Naestved	Denmark				
	23-24 Jan	Tallinn	Estonia	<b>LES MILLS BARRE™</b>	11-12 Jan	Helsinki	Finland
	06-07 Feb	Gothenburg	Sweden		28-29 Mar	Prague	Czech
	13-14 Feb	Warsaw	Poland		28-29 Mar	Stockholm	Sweden
	20-21 Feb	Stockholm	Sweden		15-16 Aug	Helsinki	Finland
	20-21 Feb	Oslo	Norway		22-23 Aug	Gothenburg	Sweden
	20-21 Mar	Gothenburg	Sweden		07-08 Nov	Copenhagen	Denmark
	20-21 Mar	Tampere	Finland		12-13 Dec	Helsinki	Finland
	27-28 Mar	Prague	Czech		23-24 Jan	Stockholm	Sweden

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Program	Date	City	Country	Program	Date	City	Country
<b>LES MILLS GRIT™</b>	04-05 Jan	Gothenburg	Sweden	<b>RPM®</b>	15-16 Feb	Gothenburg	Sweden
	18-19 Jan	Warsaw	Poland		25-26 Apr	Stockholm	Sweden
	15-16 Feb	Stockholm	Sweden		13-14 Jun	Helsinki	Finland
	07-08 Mar	Prague	Czech		11-12 Jul	Oslo	Norway
	21-22 Mar	Gothenburg	Sweden		01-02 Aug	Malmö	Sweden
	18-19 Apr	Bucharest	Sweden		29-30 Aug	Warsaw	Poland
	02-03 May	Oslo	Norway		17-18 Oct	Bucharest	Romania
	09-10 May	Stockholm	Sweden		24-25 Oct	Gothenburg	Sweden
	06-07 Jun	Tampere	Finland		09-10 Jan	Stockholm	Sweden
	13-14 Jun	Copenhagen	Denmark		13-14 Feb	Gothenburg	Sweden
	20-21 Jun	Warsaw	Poland	<b>SH'BAM®</b>	11-12 Jan	Copenhagen	Denmark
	22-23 Aug	Gothenburg	Sweden		08-09 Feb	Gothenburg	Sweden
	26-27 Sep	Prague	Czech		04-05 Apr	Helsinki	Finland
	26-27 Sep	Oslo	Norway		09-10 May	Oslo	Norway
	10-11 Oct	Bucharest	Romania		13-14 Jun	Stockholm	Sweden
	24-25 Oct	Stockholm	Sweden		15-16 Aug	Copenhagen	Denmark
	07-08 Nov	Helsinki	Finland		22-23 Aug	Helsinki	Finland
	07-08 Nov	Warsaw	Poland		26-27 Sep	Gothenburg	Sweden
	19-20 Dec	Gothenburg	Sweden		14-15 Nov	Oslo	Norway
	30-31 Jan	Stockholm	Sweden		12-13 Dec	Stockholm	Sweden
	06-07 Feb	Oslo	Norway		09-10 Jan	Helsinki	Finland
	13-14 Feb	Oulu	Finland		06-07 Feb	Warsaw	Poland
13-14 Feb	Prague	Czech	20-21 Mar	Gothenburg	Sweden		
27-28 Mar	Gothenburg	Sweden					
<b>LES MILLS SPRINT™</b>	11-12 Jan	Poznan	Poland				
	01-02 Feb	Bucharest	Romania				
	01-02 Feb	Gothenburg	Sweden				
	15-16 Feb	Oslo	Norway				
	14-15 Mar	Stockholm	Sweden				
	18-19 Apr	Gothenburg	Sweden				
	25-26 Apr	Helsinki	Finland				
	13-14 Jun	Stockholm	Sweden				
	29-30 Aug	Gothenburg	Sweden				
	29-30 Aug	Warsaw	Poland				
	26-27 Sep	Malmö	Sweden				
	26-27 Sep	Bucharest	Romania				
	03-04 Oct	Helsinki	Finland				
	14-15 Nov	Stockholm	Sweden				
	19-20 Dec	Oslo	Norway				
23-24 Jan	Gothenburg	Sweden					
13-14 Feb	Stockholm	Sweden					
<b>LES MILLS TONE™</b>	01-02 Feb	Oslo	Norway				
	04-05 Apr	Gothenburg	Sweden				
	09-10 May	Helsinki	Finland				
	27-28 Jun	Oslo	Norway				
	08-09 Aug	Stockholm	Sweden				
	24-25 Oct	Helsinki	Finland				
	12-13 Dec	Gothenburg	Sweden				
	16-17 Jan	Helsinki	Finland				
	30-31 Jan	Oslo	Norway				
20-21 Mar	Stockholm	Sweden					

## Advanced Training January 2020-March 2021 | Book your training in the Instructor Portal >>

Program	Date	City	Country
<b>BODYATTACK®</b>	<b>Start 13 Jan</b>	<b>6 weeks</b>	<b>Online</b>
	14-15 Mar	Stockholm	Sweden
<i>BODYATTACK® &amp; BODYCOMBAT®</i>	06-07 Jun	Tallinn	Estonia
	13-14 Jun	Aarhus	Denmark
<i>BODYATTACK® &amp; BODYSTEP®</i>	26-27 Sep	Helsinki	Finland
	17-18 Oct	Stockholm	Sweden
<b>BODYBALANCE® / BODYFLOW®</b>	01-02 Feb	Stockholm	Sweden
	08-09 Feb	Tallinn	Estonia
	<b>Start 09 Mar</b>	<b>6 weeks</b>	<b>Online</b>
	13-14 Jun	Gothenburg	Sweden
	22-23 Aug	Odense	Denmark
	22-23 Aug	Warsaw	Poland
	07-08 Nov	Stockholm	Sweden
	14-15 Nov	Helsinki	Finland
	13-14 Feb	Gothenburg	Sweden
	13-14 Feb	Tallinn	Estonia
<b>BODYCOMBAT®</b>	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>
	25-26 Apr	Gothenburg	Sweden
<i>BODYCOMBAT® &amp; BODYATTACK®</i>	06-07 Jun	Tallinn	Estonia
	05-06 Sep	Warsaw	Poland
	03-04 Oct	Copenhagen	Denmark
	06-07 Feb	Oslo	Norway
	27-28 Mar	Helsinki	Finland
<b>BODYJAM®</b>			
<i>BODYJAM® &amp; SH'BAM®</i>	08-09 Feb	Gothenburg	Sweden
<i>BODYJAM® &amp; SH'BAM®</i>	26-27 Sep	Copenhagen	Denmark
<i>BODYJAM®, SH'BAM® &amp; LES MILLS BARRE™</i>	17-18 Oct	Helsinki	Finland
<i>BODYJAM® &amp; SH'BAM®</i>	14-15 Nov	Stockholm	Sweden
<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>
	25-26 Apr	Warsaw	Poland
	09-10 May	Prague	Czech
	13-14 Jun	Oslo	Norway
	11-12 Jul	Stockholm	Sweden
	24-25 Oct	Warsaw	Poland
	07-08 Nov	Aarhus	Denmark
	14-15 Nov	Gothenburg	Sweden
	30-31 Jan	Helsinki	Finland
	06-07 Feb	Stockholm	Sweden
	20-21 Mar	Tallinn	Estonia
	27-28 Mar	Oslo	Norway
<b>BODYSTEP®</b>	13-14 Jun	Stockholm	Sweden
<i>BODYSTEP® &amp; BODYATTACK®</i>	26-27 Sep	Helsinki	Finland
<b>RPM®</b>	<b>Start 13 Jan</b>	<b>6 weeks</b>	<b>Online</b>
	12-13 Dec	Stockholm	Sweden

## Advanced Training January 2020-March 2021 | Book your training in the Instructor Portal >>

Program	Date	City	Country
<b>CXWORX®</b>	18-19 Jan	Gothenburg	Sweden
<i>CXWORX® &amp; LES MILLS TONE™</i>	18-19 Apr	Helsinki	Finland
	9-10 May	Stockholm	Sweden
	29-30 Aug	Copenhagen	Denmark
	10-11 Oct	Oslo	Norway
	06-07 Feb	Warsaw	Poland
<b>LES MILLS BARRE™</b>			
<i>LES MILLS BARRE™ &amp; LES MILLS TONE™</i>	25-26 Apr	Stockholm	Sweden
<i>LES MILLS BARRE™, BODYJAM® &amp; SH'BAM®</i>	17-18 Oct	Helsinki	Finland
<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>
	05-06 Sep	Warsaw	Poland
	12-13 Dec	Gothenburg	Sweden
<b>LES MILLS SPRINT™</b>	21-22 Mar	Stockholm	Sweden
	<b>Start 13 Jan</b>	<b>6 weeks</b>	<b>Online</b>
	24-25 Oct	Stockholm	Sweden
	27-28 Mar	Gothenburg	Sweden
<b>LES MILLS TONE™</b>			
<i>LES MILLS TONE™ &amp; CXWORX®</i>	18-19 Apr	Helsinki	Finland
<i>LES MILLS TONE™ &amp; LES MILLS BARRE™</i>	25-26 Apr	Stockholm	Sweden
<b>SH'BAM®</b>	<b>Start 09 Mar</b>	<b>6 weeks</b>	<b>Online</b>
<i>SH'BAM® &amp; BODYJAM®</i>	26-27 Sep	Copenhagen	Denmark
<i>SH'BAM®, BODYJAM® &amp; LES MILLS BARRE™</i>	17-18 Oct	Helsinki	Finland
<i>SH'BAM® &amp; BODYJAM®</i>	14-15 Nov	Stockholm	Sweden