

The image features two women in athletic wear. The woman on the left is shown in profile, looking upwards with her right arm raised. The woman on the right is also in profile, looking upwards with her arms extended. The background is a soft, out-of-focus indoor setting.

QUARTERLY TRAININGS FEB | MAR 2020

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

WHAT'S UP QUARTER ONE 2020

| FEEL IT ALL - QUARTERLY TRAININGS - STOCKHOLM & HELSINKI

In **Stockholm** and **Helsinki**, the Quarterly trainings will be presented in a different way than usual. During **29th of February to 8th of March** in Stockholm you will be able to attend world class masterclasses with two Trainers presenting each program, it's going to be like mini events with high energy and buzzing atmosphere. The same goes for **Helsinki** where you can attend this Quarterly training format on the **7th of March**.

The main theme for these unique Quarterly trainings is - **FEEL IT ALL**, to feel the joy of music and movement that brings us together as One Tribe. All of the masterclasses will be presented back to back so that you can experience several classes during one day.

This means that no education session will be presented this round in Stockholm and Helsinki. To be updated on the release specific education you can of course join a webinar as well which we recommend you do. The webinar prepares you for making your classes successful right from the launch of the latest release. Don't miss out the chance to meet and work out with your favourite Trainers, friends and colleagues.

| BE LOUD - COPENHAGEN

In Denmark you have the possibility to attend your Quarterly trainings at the yearly BE LOUD event in Aarhus on 2:nd of March. You book the Quarterly trainings as usual in the [Instructor Portal](#)>> If you want to attend additional classes you will need a separate ticket for the BE LOUD event itself which you can purchase [here](#) >>

| FIT FOR FUTURE - BUCHAREST

On the 15-16th of February you are welcome to attend the Fit for Future event in Bucharest organized by Music & Cycling and powered by Les Mills. The Fit for Future event counts as a Quarterly Training but you need to purchase a separate ticket for the event.

As a Les Mills Instructor you get a 50% discount on the Fit for Future event ticket. This is what you need to do:

1. Purchase your Fit for Future ticket [here](#) >> use code LESMILLS 2020 go get 50% discount.
2. Book your Quarterly training in the [Instructor Portal here](#) >>

GOOD TO KNOW

| HOW TO BOOK A QUARTERLY TRAINING

1. Log in to the [Instructor Portal >>](#) Go to "Events" |>> Choose "Quarterly Workshop" & Select "Program Type"
2. Find your event (sort by date or distance) |>> Choose the one you like to attend - "Book" |>> Tick the box under "Book"
3. You do not use any "Discount Code" - Click "Continue"
4. Fill out "Billing Information" meaning your home address |>> Continue to Payment Information and Order Review
5. Place order - check your email for a Confirmation | You can find the fully detailed [Step by Step Guide here >>](#)

| QUARTERLY TRAINING WEEKS & RELEASES OVERVIEW

Quarterly weeks 2020 Release kit/s will be available in the Instructor Portal & Releases APP on the following date:

Q1 - WEEK 08-10	19-Feb
Q2 - WEEK 20-22	12-May
Q3 - WEEK 37-38	15-Sep
Q4 - WEEK 47-49	17-Nov

| QUARTERLY TRAINING ANNUAL PLAN 2020

The annual plan for the 2020 Quarterly trainings is now available. Have a look at which trainings will be hosted in a city near you and plan which you will attend in 2020 already now. Note that this plan is a preliminary overview and may change during the year. [View the plan here >>](#)

| QUARTERLY TRAINING TIPS

If you are attending a BODYBALANCE®/BODYFLOW® training we would recommend you to bring your own mat. A hot tip from us to you is that you now can purchase your own Les Mills MBX MAT™. Go to the [SMART TECH™ Web-shop here >>](#)

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

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

SWEDEN | 1:4

City	Date	Time	Program	Location	Trainer	Note
Stockholm	29-feb	10:00 - 11:00	BODYPUMP®	Nordic Wellness Lindhagen	Kristin Andersson & Ida Sarström	
FEEL IT ALL	29-feb	11:30 - 12:00	LES MILLS GRIT® Strength	Nordic Wellness Lindhagen	Elin Hellström & Ida Sarström	
	29-feb	12:15 - 12:45	CXWORX®	Nordic Wellness Lindhagen	Elin Hellström & Anna-Karin Wikström	
	29-feb	13:00 - 14:00	BODYBALANCE®	Nordic Wellness Lindhagen	Anna-Karin Wikström & Kristin Andersson	
	01-Mar	09:30 - 10:15	BODYPUMP® - 45 min	Nordic Wellness Kungens Kurva	Elin Atlebond & Cristine Skogastierna	
	01-Mar	10:20 - 11:20	BODYATTACK®	Nordic Wellness Kungens Kurva	Billy Magg & Pernilla Andersson	
	01-Mar	11:25 - 12:25	BODYBALANCE®	Nordic Wellness Kungens Kurva	Elin Atlebond & Hanna Lundh	
	01-Mar	12:30 - 13:30	BODYSTEP®	Nordic Wellness Kungens Kurva	Pernilla Andersson & Ditte Sommer Weinreich	
	01-Mar	12:30 - 13:00	LES MILLS SPRINT™	Nordic Wellness Kungens Kurva	Adam Gripenblom & Fanny Åhlund	
	01-Mar	13:35 - 14:05	CXWORX®	Nordic Wellness Kungens Kurva	Kristin Andersson & Anna-Karin Wikström	
	01-Mar	14:10 - 14:55	SH'BAM®	Nordic Wellness Kungens Kurva	Charlotte Carlén & Billy Magg	
	01-Mar	14:10 - 14:55	RPM®	Nordic Wellness Kungens Kurva	Adam Gripenblom & Ditte Sommer Weinreich	
	01-Mar	15:00 - 16:00	BODYCOMBAT®	Nordic Wellness Kungens Kurva	Hanna Lundh & Marco Mazza Klemi	
	01-Mar	16:05 - 16:50	LES MILLS TONE™	Nordic Wellness Kungens Kurva	Kristin Andersson & Fanny Åhlund	
	01-Mar	17:00 - 18:00	BODYJAM®	Nordic Wellness Kungens Kurva	Charlotte Carlén & Hanna Lundh	
	07-Mar	12:30 - 13:30	BODYCOMBAT®	Nordic Wellness Lindhagen	Daniel Isaksson & Michael Steenhouwer	
	07-Mar	13:45 - 14:15	CXWORX®	Nordic Wellness Lindhagen	Julia Pohjanen & Michael Steenhouwer	
	07-Mar	14:30 - 15:30	BODYATTACK®	Nordic Wellness Lindhagen	Julia Pohjanen & Daniel Isaksson	
	07-Mar	12:15 - 13:00	RPM®	Nordic Wellness Karlavägen	Olivia Lundkvist & Adam Gripenblom	
	07-Mar	13:15 - 13:45	LES MILLS GRIT® Cardio	Nordic Wellness Karlavägen	Emelie Orosz & Martin Krook	
	07-Mar	14:00 - 14:30	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Martin Krook & Adam Gripenblom	
	07-Mar	15:00 - 16:00	BODYPUMP®	Nordic Wellness Karlavägen	Olivia Lundkvist & Emelie Orosz	
	08-Mar	10:15 - 11:15	BODYPUMP®	SATS Stureplan	Olivia Lundkvist & Michael Steenhouwer	
	08-Mar	13:45 - 14:45	BODYBALANCE®	SATS Stureplan	Anna-Karin Wikström & Elin Atlebond	

SWEDEN | 2:4

City	Date	Time	Program	Location	Trainer	Note
Stockholm	08-Mar	12:00 - 12:45	RPM®	Nordic Wellness Karlavägen	Olivia Lundkvist & Adam Gripenblom	
FEEL IT ALL	08-Mar	12:15 - 13:00	SH'BAM®	Nordic Wellness Karlavägen	Niklas Bohlin & Elin Hellström	
	08-Mar	13:15 - 13:45	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Martin Krook & Adam Gripenblom	
	08-Mar	14:00 - 14:30	LES MILLS GRIT® Strength	Nordic Wellness Karlavägen	Elin Hellström & Michael Steenhouwer	
	08-Mar	14:45 - 15:15	CXWORX®	Nordic Wellness Karlavägen	Elin Hellström & Anna-Karin Wikström	
	08-Mar	16:00 - 17:00	BODYPUMP®	Nordic Wellness Karlavägen	Martin Krook & Elin Atlebond	
Stockholm	20-Feb	19:00 - 20:45	THE TRIP®	SATS Stureplan	Adam Gripenblom	
Uppsala	28-Feb	18:00 - 19:45	BODYPUMP®	Actic Kraftkällan	Kimmo Jukuri	
Vallentuna	29-feb	11:00 - 12:45	THE TRIP®	Sportsclub Vallentuna	Adam Gripenblom	
Västerås	22-Feb	11:00 - 12:45	BODYPUMP®	First Class Gym Västerås	Michael Steenhouwer	
	22-Feb	13:00 - 14:15	CXWORX®	First Class Gym Västerås	Michael Steenhouwer	
Jönköping	23-Feb	13:00 - 14:45	BODYPUMP®	Nordic Wellness Campus	Emelie Orosz	
	23-Feb	15:15 - 16:30	LES MILLS GRIT®	Nordic Wellness Campus	Emelie Orosz	
Luleå	23-Feb	10:30 - 12:15	BODYPUMP®	Mitt Livs Stil	Michael Steenhouwer	
	23-Feb	12:30 - 13:45	CXWORX®	Mitt Livs Stil	Michael Steenhouwer	
Borlänge	23-Feb	09:30 - 11:15	BODYPUMP®	Må Bättre Borlänge	Ida Sarström	
	23-Feb	11:30 - 12:45	LES MILLS GRIT® Strength	Må Bättre Borlänge	Ida Sarström	
	23-Feb	13:00 - 14:15	CXWORX®	Må Bättre Borlänge	Anna-Karin Wikström	
	23-Feb	14:30 - 16:15	BODYBALANCE®	Må Bättre Borlänge	Anna-Karin Wikström	

SWEDEN | 3:4

City	Date	Time	Program	Location	Trainer	Note
Göteborg	19-Feb	06:30 - 08:15	BODYPUMP®	Nordic Wellness Backaplan	Karin Björneloo	
	21-Feb	06:45 - 08:00	CXWORX®	Nordic Wellness Exclusive	Karin Björneloo	
	22-Feb	11:45 - 13:30	BODYPUMP®	SATS Kompassen	Emmy Örn	
	22-Feb	13:45 - 15:30	BODYBALANCE®	SATS Kompassen	Kristin Andersson	
	22-Feb	14:00 - 15:45	THE TRIP®	SATS Kompassen	Emmy Örn	
	22-Feb	12:00 - 13:15	LES MILLS SPRINT™	Nordic Wellness Backaplan	Fanny Åhlund	
	22-Feb	12:45 - 14:30	BODYCOMBAT®	Nordic Wellness Backaplan	Hanna Lundh	
	22-Feb	13:45 - 15:15	RPM®	Nordic Wellness Backaplan	Olivia Lundkvist	
	22-Feb	14:45 - 16:30	LES MILLS TONE™	Nordic Wellness Backaplan	Fanny Åhlund	
	22-Feb	16:45 - 18:00	LES MILLS GRIT® Strength	Nordic Wellness Backaplan	Hanna Lundh	
	22-Feb	09:30 - 10:45	CXWORX®	STC Backa	Kristin Andersson	
	22-Feb	11:00 - 12:30	SH'BAM®	STC Backa	Charlotte Carlén	
	22-Feb	13:00 - 14:45	BODYJAM®	STC Backa	Charlotte Carlén	
	23-Feb	11:15 - 13:00	BODYSTEP®	Nordic Wellness Stigs Center	Pernilla Andersson	
	23-Feb	13:30 - 15:15	BODYATTACK®	Nordic Wellness Stigs Center	Pernilla Andersson	
	23-Feb	09:30 - 11:00	RPM®	Nordic Wellness Backaplan	Olivia Lundkvist	
	23-Feb	11:30 - 13:15	BODYPUMP®	Nordic Wellness Backaplan	Cristine Skogastierna	
	23-Feb	13:15 - 14:30	LES MILLS SPRINT™	Nordic Wellness Backaplan	Martin Krook	
	23-Feb	15:00 - 16:15	LES MILLS GRIT® Cardio	Nordic Wellness Backaplan	Martin Krook	
	23-Feb	14:00 - 15:15	CXWORX®	STC Backa	Julia Pohjanen	
	23-Feb	15:30 - 17:15	BODYBALANCE®	STC Backa	Theresa Tengler	

SWEDEN | 4:4

City	Date	Time	Program	Location	Trainer	Note	
Göteborg	29-feb	12:45 - 14:00	CXWORX®	Nordic Wellness Backaplan	Julia Pohjanen		
	29-feb	14:30 - 16:15	BODYATTACK®	Nordic Wellness Backaplan	Julia Pohjanen		
	29-feb	10:15 - 11:30	LES MILLS GRIT® Strength	Nordic Wellness Stigs Center	Hanna Lundh		
	29-feb	12:00 - 13:45	BODYCOMBAT®	Nordic Wellness Stigs Center	Hanna Lundh		
	29-feb	10:00 - 11:45	BODYBALANCE®	STC Backa	Elin Atlebond		
	29-feb	12:00 - 13:45	BODYPUMP®	STC Backa	Elin Atlebond		
	01-Mar	11:30 - 13:15	BODYBALANCE®	Nordic Wellness Backaplan	Theresa Tengler		
	01-Mar	13:30 - 15:00	SH'BAM®	Nordic Wellness Backaplan	Niklas Bohlin		
	01-Mar	13:30 - 14:45	LES MILLS SPRINT™	Nordic Wellness Backaplan	Ida Sarström		
	01-Mar	15:15 - 16:45	BODYPUMP® - 45 min	Nordic Wellness Backaplan	Ida Sarström		
Kalmar	01-Mar	13:45 - 15:30	BODYPUMP®	Malkars Kalmar City	Emmy Örn		
	01-Mar	15:45 - 17:30	THE TRIP®	Malkars Kalmar City	Emmy Örn		
Malmö	29-feb	11:15 - 13:00	BODYSTEP®	Nordic Wellness Emporia	Ditte Sommer Weinreich		
	29-feb	11:30 - 12:45	LES MILLS SPRINT™	Nordic Wellness Emporia	Fanny Åhlund		
	29-feb	13:15 - 15:00	LES MILLS TONE™	Nordic Wellness Emporia	Fanny Åhlund & Tor Andersen		
	29-feb	13:30 - 15:00	RPM®	Nordic Wellness Emporia	Ditte Sommer Weinreich		
	29-feb	15:15 - 17:00	BODYBALANCE®	Nordic Wellness Emporia	Tor Andersen		
	29-feb	12:45 - 14:30	BODYPUMP®	Nordic Wellness Folkets Park	Karin Björneloo		
	29-feb	15:00 - 16:15	CXWORX®	Nordic Wellness Folkets Park	Karin Björneloo		
	29-feb	13:15 - 14:45	SH'BAM®	Kockum Fritid	Billy Magg		
	29-feb	15:00 - 16:45	BODYJAM®	Kockum Fritid	Claudia De La Mau		
		01-Mar	12:30 - 14:15	BODYATTACK®	Kockum Fritid	Daniel Isaksson	
		01-Mar	14:45 - 16:30	BODYCOMBAT®	Kockum Fritid	Daniel Isaksson	
		01-Mar	12:00 - 13:30	BODYPUMP® - 45 min	Nordic Wellness Folkets Park	Karin Björneloo	
		01-Mar	13:45 - 15:00	LES MILLS GRIT®	Nordic Wellness Folkets Park	Karin Björneloo	

NORWAY I

City	Date	Time	Program	Location	Trainer	Note
Oslo	22-Feb	09:30-11:15	BODYBALANCE®	SATS Spektrum	Ragnhild Lien	
	22-Feb	12:30-14:15	BODYPUMP®	SATS Spektrum	Jorge Scott Neyra	
	22-Feb	14:30-16:15	BODYCOMBAT®	SATS Spektrum	Jorge Scott Neyra	
	23-Feb	10:30-11:45	LES MILLS GRIT®	SATS Skøyen	Jorge Scott Neyra	
	23-Feb	12:00-13:45	BODYPUMP®	SATS Skøyen	Jorge Scott Neyra	
	29-Feb	09:00-10:45	BODYSTEP®	Fresh Fitness Carl Berner	Marthe Fyndal Havnås	
	29-Feb	11:00-12:45	BODYATTACK®	Fresh Fitness Carl Berner	Sander Gudim Johansen	
	29-Feb	13:00-14:15	CXWORX®	Fresh Fitness Carl Berner	Sander Gudim Johansen	
	29-Feb	12:30-14:15	BODYPUMP®	SATS Spektrum	Jorge Scott Neyra	
	29-Feb	14:30-16:15	BODYBALANCE®	SATS Spektrum	Ragnhild Lien	
Stavanger	01-Mar	10:00-11:45	BODYPUMP®	Arena Treningssenter Hinna	Maria Carmen Øyhovden	
	01-Mar	12:00-13:45	BODYBALANCE®	Arena Treningssenter Hinna	Ragnhild Lien	
	01-Mar	14:00-15:45	BODYATTACK®	Arena Treningssenter Hinna	Sander Gudim Johansen	
	01-Mar	16:00-17:45	BODYSTEP®	Arena Treningssenter Hinna	Marthe Fyndal Havnås	
Bergen	29-Feb	13:00-14:45	BODYPUMP®	SATS Bergen	Maria Carmen Øyhovden	
	29-Feb	15:00-16:45	BODYBALANCE®	SATS Bergen	Stine Pedersen	
Trondheim	07-Mar	09:00-10:45	BODYPUMP®	Fresh Fitness Lade Arena	Marthe Fyndal Havnås	
	07-Mar	12:30-14:15	LES MILLS TONE™	Fresh Fitness Lade Arena	Ragnhild Lien	
	07-Mar	14:30-16:15	BODYATTACK®	Fresh Fitness Lade Arena	Marthe Fyndal Havnås	
Ålesund	22-Feb	10:00-11:45	BODYPUMP®	Family Sports Club Moa	Maria Carmen Øyhovden	
	22-Feb	12:00-13:45	BODYBALANCE®	Family Sports Club Moa	Stine Pedersen	

DENMARK I

City	Date	Time	Program	Location	Trainer	Note
Copenhagen	07-Mar	09.00-10.00	BODYFLOW®	BE LOUD Kedelhallen	Tor Andersen & Paya Johansen	
BE LOUD	07-Mar	09.10-09.55	BODYPUMP® - 45 min. Format	BE LOUD Kedelhallen	Mikkel Hjorth	
	07-Mar	10.00-10.45	BODYSTEP® - 45 min. Format	BE LOUD Kedelhallen	Pernilla Andersson	
	07-Mar	10.05-10.35	CXWORX®	BE LOUD Kedelhallen	Andy Valencia	
	07-Mar	10.40-11.40	BODYCOMBAT®	BE LOUD Kedelhallen	Mikkel Hjorth & Jorge Scott	
	07-Mar	10.50-11.35	BODYPUMP® - 45 min. Format	BE LOUD Kedelhallen	Kristin Andersson	
	07-Mar	11.40-12.10	LES MILLS GRIT®	BE LOUD Kedelhallen	Hanna Lundh	
	07-Mar	11.45-12.30	SH`BAM®	BE LOUD Kedelhallen	Dorotka Baburin	
	07-Mar	12.15-13.00	BODYSTEP® - 45 min. Format	BE LOUD Kedelhallen	Pernilla Andersson	
	07-Mar	13.05-14.05	BODYATTACK®	BE LOUD Kedelhallen	Ditte Weinreich	
	07-Mar	13.10-13.55	BODYPUMP® - 45 min. Format	BE LOUD Kedelhallen	Pernilla Andersson	
	07-Mar	14.00-14.45	LES MILLS TONE® - 45 min. Forr	BE LOUD Kedelhallen	Tor Andersen	
	07-Mar	14.10-15.10	BODYJAM®	BE LOUD Kedelhallen	Dorotka Baburin & Claudia de la Mau	
	07-Mar	14.50-15.35	BODYPUMP® - 45 min. Format	BE LOUD Kedelhallen	Jorge Scott	
	07-Mar	15.15-15.45	CXWORX®	BE LOUD Kedelhallen	Paya Johansen	
	07-Mar	15.40-16.25	BODYSTEP® - 45 min. Format	BE LOUD Kedelhallen	Ditte Weinreich	
	07-Mar	15.50-16.50	BODYFLOW®	BE LOUD Kedelhallen	Kristin Andersson	
	07-Mar	16.30-17.15	BODYPUMP® - 45 min. Format	BE LOUD Kedelhallen	Mikkel Hjorth	
	07-Mar	17.00-18.00	BODYCOMBAT®	BE LOUD Kedelhallen	Andy Valencia & Hanna Lundh	

Århus	01-Mar	09.00-10.45	BODYFLOW®	FitnessWorld, Jens Baggesensvej	Niko Viskari	
	01-Mar	11.00-12.45	BODYATTACK®	FitnessWorld, Jens Baggesensvej	Niko Viskari	
	01-Mar	13.00-14.45	BODYPUMP® - 60 min. Format	FitnessWorld, Jens Baggesensvej	Mikkel Hjorth	
	01-Mar	15.00-16.45	BODYCOMBAT®	FitnessWorld, Jens Baggesensvej	Mikkel Hjorth	
Odense	08-Mar	11:30-13.15	BODYPUMP® - 60 min. Format	OBBC	Kristin Andersson	
	08-Mar	13.30-15.15	BODYFLOW®	OBBC	Kristin Andersson	

FINLAND | 1:2

City	Date	Time	Program	Location	Trainer	Note
Helsinki - Espoo	23-Feb	17:00 - 18:00	BODYCOMBAT®	Forever Herttoniemi	Eerika Bui & Guilherme Reis	
FEEL IT ALL	23-Feb	18:15 - 19:15	BODYPUMP®	Forever Herttoniemi	Eerika Bui & Niko Viskari	
	07-Mar	09:30 - 10:15	BODYPUMP®	Esport Aalto	Mika Kankainen & Susanna Varsanpää	
	07-Mar	10:25 - 10:55	CXWORX®	Esport Aalto	Arja Vanhanen & Eerika Bui	
	07-Mar	11:00 - 11:45	LES MILLS TONE™	Esport Aalto	Arja Vanhanen & Kimi Holm	
	07-Mar	11:50 - 12:35	BODYCOMBAT®	Esport Aalto	Mika Kankainen & Karo Nyman	
	07-Mar	12:40 - 13:25	BODYATTACK®	Esport Aalto	Kira Tiivola & Niko Viskari	
	07-Mar	12:45 - 13:25	THE TRIP™	Esport Aalto	Eerika Bui	
	07-Mar	13:35 - 14:20	BODYSTEP®	Esport Aalto	Hanne Vilpponen & Susanna Varsanpää	
	07-Mar	13:35 - 14:20	RPM®	Esport Aalto	Eerika Bui & Guilherme Reis	
	07-Mar	14:30 - 15:00	LES MILLS BARRE™	Esport Aalto	Arja Vanhanen & Janni Lindgren	
	07-Mar	14:30 - 15:00	LES MILLS SPRINT™	Esport Aalto	Kira Tiivola & Jarno Tynkkynen	
	07-Mar	15:10 - 15:40	LES MILLS GRIT®	Esport Aalto	Jarno Tynkkynen & Mika Kankainen	
	07-Mar	15:45 - 16:30	BODYJAM®	Esport Aalto	Janni Lindgren & Kimmo Jukuri	
	07-Mar	16:35 - 17:20	SH'BAM®	Esport Aalto	Janni Lindgren & Kimmo Jukuri	
	07-Mar	17:30 - 18:15	BODYBALANCE®	Esport Aalto	Jarno Tynkkynen & Niko Viskari	
Turku	01-Mar	09:00 - 10:45	BODYSTEP®	Fitnesspalatsi	Hanne Vilpponen	
	01-Mar	11:00 - 12:45	BODYCOMBAT®	Fitnesspalatsi	Karo Nyman	
	01-Mar	13:00 - 14:45	BODYATTACK®	Fitnesspalatsi	Kira Tiivola	
	01-Mar	15:00 - 16:45	BODYPUMP®	Fitnesspalatsi	Jarno Tynkkynen	
	01-Mar	17:00 - 18:45	BODYBALANCE®	Fitnesspalatsi	Jarno Tynkkynen	
Tampere	29-Feb	09:15 - 11:00	BODYCOMBAT®	GoGo City	Pia Niemi	
	29-Feb	11:15 - 13:00	BODYPUMP®	GoGo City	Pia Niemi	
	29-Feb	13:05 - 14:20	LES MILLS TONE™	GoGo City	Kimi Holm	
	29-Feb	14:30 - 15:45	LES MILLS GRIT®	GoGo City	Jarno Tynkkynen	
	29-Feb	15:50 - 17:35	BODYBALANCE®	GoGo City	Jarno Tynkkynen	

FINLAND | 2:2

City	Date	Time	Program	Location	Trainer	Note
Oulu	23-Feb	08:30 - 10:15	BODYBALANCE®	Liikuntakeskus Hukka	Arja Vanhanen	
	23-Feb	10:20 - 11:50	LES MILLS TONE®	Liikuntakeskus Hukka	Arja Vanhanen	
	23-Feb	12:00 - 13:15	CXWORX®	Liikuntakeskus Hukka	Arja Vanhanen	
	23-Feb	12:00 - 13:15	LES MILLS GRIT®	Liikuntakeskus Hukka	Mika Kankainen	
	23-Feb	13:20 - 15:05	BODYCOMBAT®	Liikuntakeskus Hukka	Mika Kankainen	
	23-Feb	15:20 - 17:10	BODYPUMP®	Liikuntakeskus Hukka	Mika Kankainen	
Vaasa	08-Mar	10:00 - 11:45	BODYATTACK®	Wasa Sports club	Niko Viskari	
	08-Mar	12:00 - 13:45	BODYPUMP®	Wasa Sports club	Niko Viskari	
	08-Mar	14:00 - 15:45	BODYCOMBAT®	Wasa Sports club	Pia Niemi	
	08-Mar	16:00 - 17:15	LES MILLS SPRINT™	Wasa Sports club	Pia Niemi	
Jyväskylä	22-Feb	09:00 - 10:45	BODYCOMBAT®	Kuntomaailma Torikeskus	Guilherme Reis	
	22-Feb	11:00 - 12:45	BODYPUMP®	Kuntomaailma Torikeskus	Niko Viskari	
	22-Feb	13:00 - 14:45	BODYBALANCE®	Kuntomaailma Torikeskus	Niko Viskari	
	22-Feb	15:00 - 16:30	SH'BAM®	Kuntomaailma Torikeskus	Janni Lindgren	
	22-Feb	16:45 - 18:30	BODYJAM®	Kuntomaailma Torikeskus	Janni Lindgren	

ESTONIA I

City	Date	Time	Program	Location	Trainer	Note
Tallinn	21-Feb	15:00 - 16:45	BODYJAM®	MyFitness Postimaja	Janni Lindgren	
	22-Feb	10:00 - 11:45	BODYBALANCE®	MyFitness Ülemiste City	Kersti Ojalill	
	22-Feb	12:00 - 13:45	BODYPUMP®	MyFitness Ülemiste City	Siim Kelner	
	29-Feb	10:00 - 11:45	BODYATTACK®	MyFitness Ülemiste City	Niko Viskari	
	29-Feb	12:00 - 13:30	BODYPUMP® 45-min	MyFitness Ülemiste City	Niko Viskari	
	29-Feb	13:45 - 15:30	BODYCOMBAT®	MyFitness Ülemiste City	Guilherme Reis	

POLAND I

City	Date	Time	Program	Location	Trainer	Note
Warszawa	07-Mar	09:00-10:45	BODYBALANCE®	Fabryka Formy Rondo 1	Natalia Litwiniuk	
	07-Mar	11:00-12:45	BODYPUMP®	Fabryka Formy Rondo 1	Szymon Wesołowski	
	07-Mar	13:00-14:45	BODYCOMBAT®	Fabryka Formy Rondo 1	Szymon Wesołowski	
	08-Mar	09:00-10:45	BODYPUMP®	Fabryka Formy Rondo 1	Szymon Wesołowski	
	08-Mar	11:00-12:45	CXWORX®	Fabryka Formy Rondo 1	Paweł Jeziorek	
	08-Mar	13:00-14:15	LES MILLS GRIT®	Fabryka Formy Rondo 1	Paweł Jeziorek	
Poznań	22-Feb	12:00-13:45	BODYBALANCE®	Fabryka Formy Kinapolis	Natalia Litwiniuk	
	22-Feb	14:00-15:45	BODYPUMP®	Fabryka Formy Kinapolis	Szymon Wesołowski	
	22-Feb	16:00-17:45	CXWORX®	Fabryka Formy Kinapolis	Paweł Jeziorek	
	22-Feb	18:00-19:15	LES MILLS GRIT®	Fabryka Formy Kinapolis	Paweł Jeziorek	

CZECH I

City	Date	Time	Program	Location	Trainer	Note
Prague	29-Feb	09:00 - 10:45	BODYPUMP®	Form Factory Vinohradská	Veronika Benesova	
	29-Feb	11:00 - 12:15	CXWORX®	Form Factory Vinohradská	Ria Hrusovska	
	29-Feb	12:15 - 14:00	BODYATTACK®	Form Factory Vinohradská	Veronika Benesova	
	29-Feb	14:00 - 15:45	BODYCOMBAT®	Form Factory Vinohradská	Filip Kulstrunk	
	29-Feb	15:45 - 17:30	BODYBALANCE®	Form Factory Vinohradská	Veronika Benesova	

SLOVAKIA I

City	Date	Time	Program	Location	Trainer	Note
Bratislava	22-Feb	11:30 - 13:15	BODYPUMP®	InPulse	Veronika Benesova	
	22-Feb	13:30 - 15:15	BODYBALANCE®	InPulse	Veronika Benesova	

ROMANIA I

City	Date	Time	Program	Location	Trainer	Note
Bucharest	16-Feb	10:00 – 11:00	BODYPUMP®	Face Club Bucharest	Pawel Jeziorek	
FIT FOR FUTURE	16-Feb	11:15 – 12:15	BODYPUMP®	Face Club Bucharest	Stefan Cusursuz	
	16-Feb	12:00 - 12:45	RPM®	Face Club Bucharest	Adam Gripenblom	
	16-Feb	12:30 – 13:00	LES MILLS GRIT® Strength	Face Club Bucharest	Pawel Jeziorek	
	16-Feb	13:30 – 14:30	BODYCOMBAT®	Face Club Bucharest	Filip Kulstrunk	
	16-Feb	14:40 – 15:40	BODYATTACK®	Face Club Bucharest	Veronika Benesova	
	16-Feb	15:50 – 16:20	LES MILLS GRIT® Cardio	Face Club Bucharest	Pawel Jeziorek	
	16-Feb	16:30 – 17:30	BODYBALANCE®	Face Club Bucharest	Natalia Litwiniuk	
	16-Feb	16:40 – 17:10	LES MILLS SPRINT™	Face Club Bucharest	Adam Gripenblom	
	16-Feb	17:40 – 18:25	SH'BAM®	Face Club Bucharest	Natalia Litwiniuk	
Bucharest	29-Feb	10:00-11:45	BODYPUMP®	World Class Romania Plaza	Daniela Cirlig	
	29-Feb	12:00-13:45	BODYBALANCE®	World Class Romania Plaza	Natalia Litwiniuk	
	29-Feb	14:00-15:45	CXWORX®	World Class Romania Plaza	Daniela Cirlig	
	29-Feb	16:00-17:45	BODYCOMBAT®	World Class Romania Plaza	Cristina Constantinescu	
Timisoara	07-Mar	13:00-14:00	BODYPUMP®	D' Point Studio	Daniela Cirlig	

BULGARIA I

City	Date	Time	Program	Location	Trainer	Note
Sofia	22-Feb	09:00-10:45	BODYPUMP®	Next Level Park Center	Stelian Constantin	
	22-Feb	11:00-12:15	LES MILLS GRIT	Next Level Park Center	Szymon Wesołowski	
	22-Feb	12:30-14:15	BODYCOMBAT	Next Level Park Center	Szymon Wesołowski	