

# QUARTERLY WEBINARS

CENTRAL EUROPEAN SUMMER TIME - CEST

## ONLINE

Date	Time	Program	Language	Presenter
07-Sep	19:00-20:00	RPM®	English	Helena Ljungström & Ditte Sommer Weinreich
07-Sep	19:00-20:00	BODYJAM®	English	Claudia Kupferschmidt de la Mau & Dorotka Baburin
07-Sep	20:15-21:15	LES MILLS SPRINT™	English	Fanny Åhlund & Eerika Bui
07-Sep	20:15-21:15	LES MILLS DANCE™	English	Claudia Kupferschmidt de la Mau & Dorotka Baburin
08-Sep	19:00-20:00	BODYPUMP®	English	Konsta Kossi & Fanny Åhlund
08-Sep	19:00-20:00	LES MILLS PILATES™	English	Olivia Lundkvist & Anna-Karin Wikström
08-Sep	20:15-21:15	BODYBALANCE®	English	Anna-Karin Wikström & Teresia Björkqvist
08-Sep	20:15-21:15	BODYPUMP® HEAVY	English	Fanny Åhlund & Elina Ekelund
09-Sep	19:00-20:00	LES MILLS GRIT®	English	Eva Dobesova & Joakim Iivonen
09-Sep	19:00-20:00	BODYCOMBAT®	English	Adam Wadhwa & Karo Nyman
09-Sep	20:15-21:15	STRENGTH DEVELOPMENT™	English	Elina Ekelund & Konsta Kossi
09-Sep	20:15-21:15	LES MILLS CORE™	English	Szymon Wesolowski & Karo Nyman
10-Sep	19:00-20:00	BODYATTACK®	English	Lydia Johansson & Sander Johansen
10-Sep	19:00-20:00	BODYPUMP®	Swedish	Elin Atlebond-Steen & Fanny Åhlund
10-Sep	20:15-21:15	BODYSTEP®	English	Lydia Johansson & Hanne Vilpponen
10-Sep	20:15-21:15	BODYBALANCE®	Swedish	Teresia Björkqvist & Elin Atlebond-Steen
13-Sep	16:15-17:15	THE TRIP™ IMMERSIVE	English	Sara Bohman
13-Sep	17:30-18:30	BODYPUMP®	English	Elin Atlebond-Steen & Veronika Benesova
13-Sep	18:45-19:45	LES MILLS SHAPES™	English	Sander Johansen & Cristina Constantinescu
13-Sep	20:00-21:00	LES MILLS YOGA™	English	Veronika Benesova & Sander Johansen

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