

QUARTERLY WORKSHOPS

CENTRAL EUROPEAN SUMMER TIME - CEST

NORWAY

FITNESS FUSION EVENT TORP KONFERANSESENTER - SANDEFJORD

Date	Time	Program	Presenter
05-Sep	10.00-10.45	BODYPUMP®	Cristine Skogastierna, Veronika Benesova & Per Henrik Nygaard
05-Sep	10.05-10.50	LES MILLS YOGA™ HATHA	Jasmine Marcusson
05-Sep	11.00-11.45	BODYPUMP HEAVY™	Cristine Skogastierna, Kamil Zielinski & Per Henrik Nygaard
05-Sep	11.05-11.50	LES MILLS YOGA™ YIN	Jasmine Marcusson
05-Sep	12.05-12.50	LES MILLS BREATH™	Jasmine Marcusson
05-Sep	12.30-13.15	BODYATTACK®	Sander Johansen
05-Sep	13.00-13.45	CEREMONY HYROX MAX	Kamil Zielinski
05-Sep	14.00-14.45	CEREMONY HYROX MAX	Kamil Zielinski
05-Sep	14.15-15.00	LES MILLS SHAPES™	Sander Johansen
05-Sep	15.00-15.45	BODYCOMBAT®	Cristine Skogastierna, Veronika Benesova & Kamil Zielinski
05-Sep	16.00-17.00	BODYBALANCE®	Sander Johansen & Veronika Benesova

ABOUT THE EVENT

Fitness Fusion is Norway's ultimate group fitness event - a high-energy experience where community, music, and movement come together.

During the event you'll experience iconic LES MILLS workouts including LES MILLS YOGA and the premiere of

LES MILLS CEREMONY HYROX MAX. Sander, Kamil, Cristine, Veronica, Jasmine and Per Henrik, together with a selection of FUSION STARS, will present the latest releases.

HOW TO BOOK YOUR SPOT

The event counts as Quarterly Training for LES MILLS instructors. [Get your ticket to FITNESS FUSION here >>](#). Once you've purchased your ticket, simply book your sessions in [LES MILLS CONNECT>>](#) to receive Quarterly Training credit.