

QUARTERLY WORKSHOPS

EASTERN EUROPEAN SUMMER TIME - EEST

FINLAND

HELSINKI

Date	Time	Program	Location	Presenter
06-Sep	09:00-09:45	BODYPUMP® 45-min	Fressi ClubHouse	Konsta Kossi & Hanne Vilpponen
06-Sep	10:00-10:45	BODYCOMBAT® 45-min	Fressi ClubHouse	Karo Nyman & Kerttu Rissanen
06-Sep	11:00-11:45	BODYATTACK® 45-min	Fressi ClubHouse	Billy Magg & Lydia Johansson
06-Sep	12:00-12:45	BODYSTEP® 45-min	Fressi ClubHouse	Lydia Johansson & Hanne Vilpponen
06-Sep	13:00-13:45	LES MILLS DANCE™	Fressi ClubHouse	Billy Magg & Memmu Mazengo
06-Sep	14:00-14:45	BODYJAM® 45-min	Fressi ClubHouse	Billy Magg & Memmu Mazengo
06-Sep	15:00-15:45	LES MILLS SHAPES™	Fressi ClubHouse	Memmu Mazengo
06-Sep	16:00-17:00	LES MILLS REFORMER™	Fressi ClubHouse	Johanna Hakala

* Open class. Available for all instructors. Book your spot in Les Mills Connect and join in.

BOOK YOUR SPOT - HELSINKI 06-SEP