

QUARTERLY WORKSHOPS

CENTRAL EUROPEAN SUMMER TIME - CEST

SWEDEN

STOCKHOLM

Date	Time	Program	Location	Presenter
29-Aug	09:00-10:00	BODYPUMP® 45-min	Nordic Wellness Karlavägen	Marika Jingblad
29-Aug	10:15-11:15	BODYPUMP® HEAVY 45-min	Nordic Wellness Karlavägen	Marika Jingblad & Michaela Ahvenainen
29-Aug	11:30-12:15	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Michaela Ahvenainen
29-Aug	12:30-13:30	BODYCOMBAT® 45-min	Nordic Wellness Karlavägen	Adam Wadhwa & Viktor Klöver
29-Aug	13:45-14:45	BODYATTACK® 45-min	Nordic Wellness Karlavägen	Billy Magg & Lydia Johansson
29-Aug	15:00-15:45	LES MILLS CORE™	Nordic Wellness Karlavägen	Lydia Johansson & Billy Magg
29-Aug	16:00-17:00	STRENGTH DEVELOPMENT™	Nordic Wellness Karlavägen	Lydia Johansson

BOOK YOUR SPOT - STOCKHOLM 29-AUG

STOCKHOLM

Date	Time	Program	Location	Presenter
30-Aug	10:15-11:15	LES MILLS YOGA™ VINYASA	Nordic Wellness Karlavägen	Marika Jingblad & Anna-Karin Wikström
30-Aug	11:30-12:30	LES MILLS BREATH™	Nordic Wellness Karlavägen	Marika Jingblad
30-Aug	12:45-14:00	BODYBALANCE®	Nordic Wellness Karlavägen	Marika Jingblad
30-Aug	14:15-15:15	LES MILLS SHAPES™	Nordic Wellness Karlavägen	Niklas Bohlin
30-Aug	15:30-16:30	LES MILLS PILATES™	Nordic Wellness Karlavägen	Billy Magg & Anna-Karin Wikström

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

BOOK YOUR SPOT - STOCKHOLM 30-AUG

STOCKHOLM

Date	Time	Program	Location	Presenter
06-Sep	11:00-12:00	BODYPUMP® 45-min	SATS Stureplan	Fanny Ahlund, Marika Jingblad & Michael Steenhouwer
06-Sep	12:15-13:15	BODYBALANCE® 45-min	SATS Stureplan	Marika Jingblad & Engla Dahlström
06-Sep	13:30-14:30	BODYJAM® 45-min	SATS Stureplan	Dorotka Baburin & Robin Rasovic
06-Sep	14:45-15:45	THE TRIP™ IMMERSIVE	SATS Stureplan	Eerika Bui

BOOK YOUR SPOT - STOCKHOLM 06-SEP

GOTHENBURG

Date	Time	Program	Location	Presenter
29-Aug	10:30-11:30	BODYPUMP® 45-min	Nordic Wellness Lindholmen	Simon Nilsson & Cristine Skogastierna
29-Aug	11:45-12:45	BODYPUMP® HEAVY 45-min	Nordic Wellness Lindholmen	Simon Nilsson
29-Aug	13:00-13:45	LES MILLS SPRINT™	Nordic Wellness Lindholmen	Ida Sarström
29-Aug	13:00-14:00	BODYCOMBAT® 45-min	Nordic Wellness Lindholmen	Cristine Skogastierna
29-Aug	14:00-14:45	LES MILLS SPRINT™	Nordic Wellness Lindholmen	Ida Sarström
29-Aug	14:15-15:15	BODYBALANCE® 45-min	Nordic Wellness Lindholmen	Jimmy Tang & Jasmine Marcusson
29-Aug	15:30-16:30	LES MILLS YOGA™ VINYASA	Nordic Wellness Lindholmen	Cristine Skogastierna & Jasmine Marcusson

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

BOOK YOUR SPOT - GOTHENBURG 29-AUG

KUNGÄLV

Date	Time	Program	Location	Presenter
27-Aug	19:00-20:00	THE TRIP™ IMMERSIVE	STC Rollsbo	Sara Bohman

BOOK YOUR SPOT - KUNGÄLV 27-AUG

MALMÖ

Date	Time	Program	Location	Presenter
30-Aug	09:00-10:00	BODYPUMP® 45-min	Nordic Wellness Emporia	Elina Ekelund & Amalie Nøddeskou-Fink
30-Aug	10:15-11:15	BODYPUMP® HEAVY 45-min	Nordic Wellness Emporia	Elina Ekelund
30-Aug	11:30-12:30	BODYCOMBAT® 45-min	Nordic Wellness Emporia	Amalie Nøddeskou-Fink & Elina Ekelund
30-Aug	12:45-13:45	BODYBALANCE® 45-min	Nordic Wellness Emporia	Jimmy Tang
30-Aug	14:00-15:00	LES MILLS YOGA™ VINYASA	Nordic Wellness Emporia	Jasmine Marcusson
30-Aug	15:15-16:15	LES MILLS PILATES™	Nordic Wellness Emporia	Jimmy Tang & Jasmine Marcusson

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

BOOK YOUR SPOT - MALMÖ 30-AUG

UPPSALA

Date	Time	Program	Location	Presenter
05-Sep	09:30-10:30	BODYPUMP® 45-min	ACTIC Uppsala Kraftkällan	Simon Nilsson & Fanny Ahlund
05-Sep	10:45-11:45	BODYPUMP® HEAVY 45-min	ACTIC Uppsala Kraftkällan	Simon Nilsson & Fanny Ahlund
05-Sep	12:00-13:00	LES MILLS YOGA™ HATHA	ACTIC Uppsala Kraftkällan	Teresia Björkqvist
05-Sep	13:15-14:15	LES MILLS SHAPES™	ACTIC Uppsala Kraftkällan	Teresia Björkqvist

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

BOOK YOUR SPOT - UPPSALA 05-SEP

UMEÅ

Date	Time	Program	Location	Presenter
05-Sep	09:30-10:45	BODYPUMP®	Nordic Wellness Umeå Klockarbäcken	Olivia Lundqvist
05-Sep	11:00-12:15	BODYPUMP® HEAVY	Nordic Wellness Umeå Klockarbäcken	Elin Atlebond-Steen
05-Sep	12:30-13:45	BODYBALANCE®	Nordic Wellness Umeå Klockarbäcken	Elin Atlebond-Steen
05-Sep	14:00-15:00	LES MILLS PILATES™	Nordic Wellness Umeå Klockarbäcken	Olivia Lundqvist

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

BOOK YOUR SPOT - UMEÅ - 05-SEP