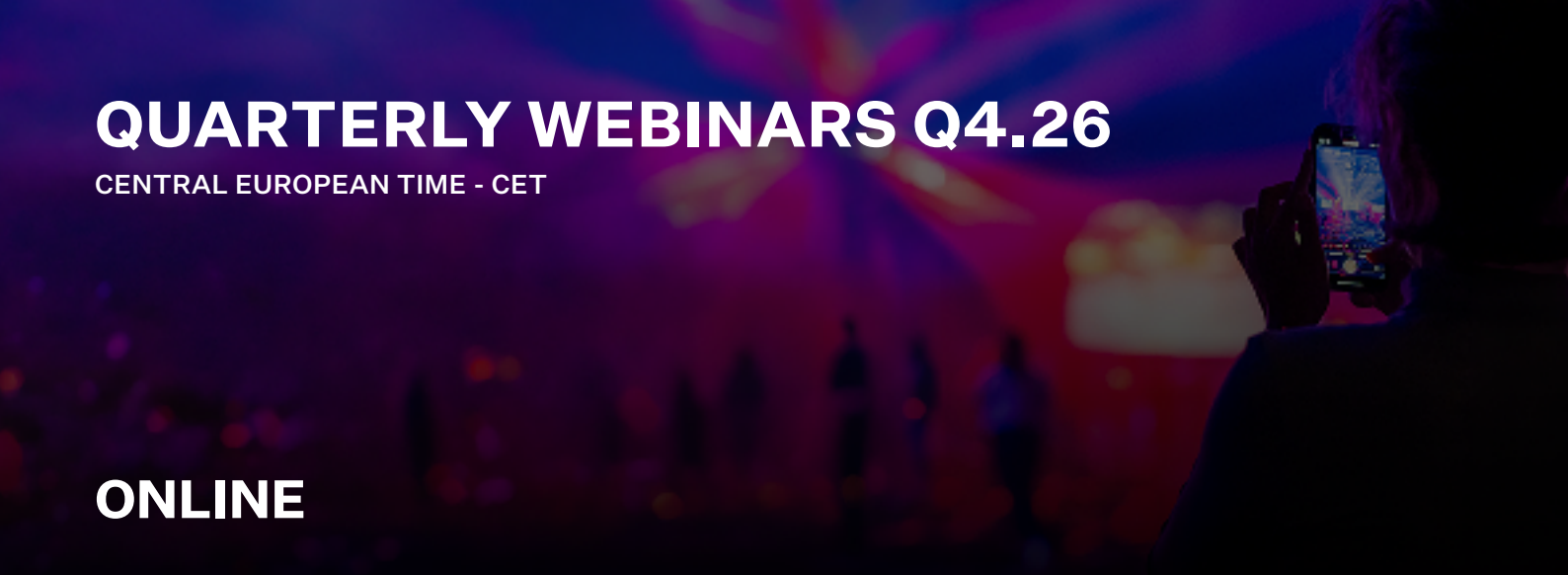


QUARTERLY WEBINARS Q4.26

CENTRAL EUROPEAN TIME - CET

ONLINE

Date	Time	Program	Language	Presenter
03-Dec	19:00-20:00	LES MILLS DANCE™	English	Dorotka Baburin & Claudia Kupferschmidt de la Mau
03-Dec	19:00-20:00	BODYPUMP®	Swedish	Elin Atlebond-Steen & Olivia Lundqvist
03-Dec	20:15-21:15	BODYBALANCE®	Swedish	Marika Jingblad & Teresia Björkqvist
03-Dec	20:15-21:15	BODYJAM®	English	Dorotka Baburin & Claudia Kupferschmidt de la Mau
04-Dec	07:00-08:00	BODYBALANCE®	English	Sander Johansen & Anna-Karin Wikström
04-Dec	12:00-13:00	BODYPUMP®	English	Veronika Benesova & Eva Dobesova
05-Dec	09:00-10:00	LES MILLS REFORMER™	English	Teresia Björkqvist
05-Dec	10:15-11:15	CEREMONY HYROX + MAX	English	Simon Nilsson
06-Dec	17:30-18:30	THE TRIP™ IMMERSIVE	English	Eerika Bui
06-Dec	18:45-19:45	THE TRIP™ LIVE	English	Eerika Bui
06-Dec	18:45-19:45	BODYCOMBAT®	English	Adam Wadhwa & Fanny Åhlund
06-Dec	20:00-21:00	LES MILLS GRIT®	English	Konsta Kossi & Karo Nyman
07-Dec	19:00-20:00	BODYPUMP®	Finnish	Hanne Vilpponen & Konsta Kossi
07-Dec	19:00-20:00	LES MILLS CORE®	English	Szymon Wesolowski & Jimmy Tang
07-Dec	20:15-21:15	BODYPUMP®	Polish	Kamil Zielinski & Szymon Wesolowski
07-Dec	20:15-21:15	STRENGTH DEVELOPMENT	English	Karo Nyman & Konsta Kossi
08-Dec	19:00-20:00	BODYSTEP®	English	Lydia Johansson & Hanne Vilpponen
08-Dec	19:00-20:00	LES MILLS PILATES™	English	Jimmy Tang & Anna-Karin Wikström
08-Dec	20:15-21:15	LES MILLS SHAPES®	English	Sander Johansen & Cristina Constantinescu
08-Dec	20:15-21:15	BODYATTACK®	English	Eva Dobesova & Simon Nilsson
14-Dec	19:00-20:00	LES MILLS SPRINT®	English	Ida Sarström & Eerika Bui
14-Dec	19:00-20:00	BODYCOMBAT®	English	Adam Wadhwa & Fanny Åhlund
14-Dec	20:15-21:15	RPM®	English	Ida Sarström & Helena Ljungström
14-Dec	20:15-21:15	LES MILLS TONE®	English	Fanny Åhlund
15-Dec	19:00-20:00	LES MILLS YOGA™	English	Marika Jingblad & Teresia Björkqvist
15-Dec	19:00-20:00	BODYPUMP®	English	Veronika Benesova & Eva Dobesova
15-Dec	20:15-21:15	BODYPUMP HEAVY®	English	Elina Ekelund & Cristine Skogastierna
15-Dec	20:15-21:15	BODYBALANCE®	English	Marika Jingblad & Teresia Björkqvist

BOOK YOUR SPOT