

City	Date	Time	Program	Location	Trainer
WEBINARS	11.dec	19:30 - 20:15	BODYPUMP®	Webinar	Adam Gripenblom
	11.dec	20:00 - 20:45	CXWORX®	Webinar	Elin Hellström
	12.dec	20:00 - 20:45	SH'BAM®	Webinar	Charlotte Carlén
	12.dec	20:30 - 21:15	BODYPUMP®	Webinar	Adam Gripenblom
	14.dec	08:00 - 08:45	BODYBALANCE®	Webinar	Kristin Andersson
LULEÅ	26.nov	13:00 - 14:45	BODYPUMP®	Mitt Livs Stil	Olivia Lundkvist
UMEÅ	10.dec	10:00 - 11:15	CXWORX®	IKSU Sport	Hanna Lennartsson
	10.dec	11:30 - 13:15	BODYPUMP®	IKSU Sport	Mathilda Björck
FALUN	26.nov	12:00 - 13:45	BODYPUMP®	Må Bättre Falun	Elin Atlebond
	26.nov	14:00 - 15:45	BODYBALANCE®	Må Bättre Falun	Elin Atlebond
UPPSALA	24.nov	18:00 - 19:45	BODYPUMP®	Actic Kraftkällan	Cristine Skogastierna
KARLSTAD	25.nov	12:00 - 13:45	BODYPUMP®	Actic Lamberget	Martin Krook
	25.nov	14:00 - 15:45	BODYCOMBAT®	Actic Lamberget	Cristine Skogastierna
	25.nov	16:00 - 17:15	GRIT®	Actic Lamberget	Martin Krook
STOCKHOLM	28.nov	06:45 - 08:30	BODYBALANCE®	SATS Zenit	Anna-Karin Wikström
	30.nov	06:30 - 08:15	BODYPUMP®	SATS Stureplan	Adam Gripenblom
	1.dec	18:00 - 19:15	CXWORX®	Nordic Wellness Lindhagen	Hanna Lennartsson
FITNESS FESTIVALEN QUARTERLY TRAININGS					
	2.dec	10:00 - 11:00	BODYPUMP®	Fitness Festivalen/Stockholmsmässan	Adam Gripenblom, Mathilda Björck
	2.dec	10:00 - 10:45	RPM®	Fitness Festivalen/Stockholmsmässan	Jim Berg
	2.dec	11:00 - 11:30	LES MILLS SPRINT™	Fitness Festivalen/Stockholmsmässan	Jimmy Liew
	2.dec	11:15 - 11:45	GRIT®	Fitness Festivalen/Stockholmsmässan	Elin Hellström & Michael Steenhouwer
	2.dec	11:45 - 12:15	LES MILLS SPRINT™	Fitness Festivalen/Stockholmsmässan	Jim Berg
	2.dec	12:00 - 13:00	BODYCOMBAT®	Fitness Festivalen/Stockholmsmässan	Michael Steenhouwer & Hanna Lundh
	2.dec	12:30 - 13:15	RPM®	Fitness Festivalen/Stockholmsmässan	Jimmy Liew
	2.dec	13:15 - 14:15	BODYATTACK®	Fitness Festivalen/Stockholmsmässan	Mathilda Björck & Lydia Johansson
	2.dec	13:30 - 14:00	LES MILLS SPRINT™	Fitness Festivalen/Stockholmsmässan	Adam Gripenblom
	2.dec	14:15 - 14:45	LES MILLS SPRINT™	Fitness Festivalen/Stockholmsmässan	Jimmy Liew
	2.dec	14:30 - 15:00	CXWORX®	Fitness Festivalen/Stockholmsmässan	Elin Hellström & Hanna Lennartsson
	2.dec	15:00 - 15:45	RPM®	Fitness Festivalen/Stockholmsmässan	Jim Berg
	2.dec	15:15 - 16:00	SH'BAM®	Fitness Festivalen/Stockholmsmässan	Dorotka Baburin & Niklas Bohlin
	2.dec	16:15 - 17:15	BODYBALANCE®	Fitness Festivalen/Stockholmsmässan	Kristin Andersson & Hanna Lundh
FITNESS FESTIVALEN EVENT CLASSES					
	NOTE : The Event classes on the 3 December at the Fitness Festiavalen do not count as Quarterly trainings!				
	3.dec	10:00 - 10.45	BODYPUMP® 45	Fitness Festivalen/Stockholmsmässan	Kristin Andersson
	3.dec	11:00 - 11:30	LES MILLS BARRE™	Fitness Festivalen/Stockholmsmässan	
	3.dec	11:00 - 11:30	LES MILLS SPRINT™	Fitness Festivalen/Stockholmsmässan	Michael Steenhouwer
	3.dec	11:30 - 12:30	BODYATTACK®	Fitness Festivalen/Stockholmsmässan	Lydia Johansson
	3.dec	12:00 - 12:45	RPM®	Fitness Festivalen/Stockholmsmässan	Adam Gripenblom
	3.dec	12:30 - 13:30	BODYCOMBAT®	Fitness Festivalen/Stockholmsmässan	Michael Steenhouwer
	3.dec	13:00 - 13:30	LES MILLS SPRINT™	Fitness Festivalen/Stockholmsmässan	Adam Gripenblom
	3.dec	13:30 - 14:15	SH'BAM®	Fitness Festivalen/Stockholmsmässan	Charlotte Carlén
	3.dec	14:15 - 14:45	GRIT® Cardio	Fitness Festivalen/Stockholmsmässan	Jonas Carlén
	3.dec	14:00 - 14:30	LES MILLS SPRINT™	Fitness Festivalen/Stockholmsmässan	Michael Steenhouwer
	5.dec	06:45 - 08:30	BODYPUMP®	SATS Stureplan	Michael Steenhouwer
	8.dec	17:30 - 18:45	LES MILLS SPRINT™	Nordic Wellness Lindhagen	Adam Gripenblom
	9.dec	10:30 - 12:00	SH'BAM®	SATS Zenit	Charlotte Carlén
	9.dec	12:15 - 14:00	BODYJAM®	SATS Zenit	Dorotka Baburin
	9.dec	14:15 - 16:00	BODYPUMP®	SATS Zenit	Charlotte Carlén
	9.dec	11:45 - 13:15	BODYVIVE®	Nordic Wellness Lindhagen	Kristin Andersson
	9.dec	12:00 - 13:15	GRIT®	Nordic Wellness Lindhagen	Elin Hellström
	9.dec	13:30 - 14:45	CXWORX®	Nordic Wellness Lindhagen	Elin Hellström
	9.dec	15:00 - 16:45	BODYBALANCE®	Nordic Wellness Lindhagen	Anna-Karin Wikström
	9.dec	15:00 - 16:15	LES MILLS SPRINT™	Nordic Wellness Lindhagen	Jimmy Liew

	9.dec	17:00 - 18:30	RPM®	Nordic Wellness Lindhagen	Jimmy Liew
	9.dec	13:15 - 15:00	BODYSTEP®	Nordic Wellness Östermalm	Lydia Johansson
	9.dec	15:30 - 17:15	BODYATTACK®	Nordic Wellness Östermalm	Lydia Johansson
	10.dec	13:15 - 15:00	BODYPUMP®	SATS Stureplan	Michael Steenhouwer
	10.dec	15:15 - 17:00	BODYCOMBAT®	SATS Stureplan	Hanna Lundh
	10.dec	09:00 - 10:45	BODYBALANCE®	Nordic Wellness Östermalm	Hanna Lundh
	10.dec	11:00 - 12:15	GRIT®	Nordic Wellness Östermalm	Jonas Carlén
	10.dec	12:30 - 13:45	CXWORX®	Nordic Wellness Östermalm	Kenneth Mose
	10.dec	14:00 - 15:45	BODYPUMP®	Nordic Wellness Östermalm	Kenneth Mose
JÖNKÖPING	10.dec	10:00 - 11:45	BODYPUMP®	Nordic Wellness Campus	Charlotte Carlén
	10.dec	12:00 - 13:30	SH'BAM®	Nordic Wellness Campus	Charlotte Carlén
	10.dec	13:45 - 15:15	RPM®	Nordic Wellness Campus	Adam Gripenblom
	10.dec	15:45 - 17:00	LES MILLS SPRINT™	Nordic Wellness Campus	Adam Gripenblom
GÖTEBORG	22.nov	06:45 - 08:30	BODYPUMP®	Nordic Wellness Stigs Center	Ida Sarström
	25.nov	09:00 - 10:45	BODYCOMBAT®	Nordic Wellness Exclusive	Daniel Isaksson
	25.nov	11:00 - 12:30	SH'BAM®	Nordic Wellness Exclusive	Charlotte Carlén
	25.nov	12:45 - 14:30	BODYJAM®	Nordic Wellness Exclusive	Charlotte Carlén
	25.nov	14:45 - 16:00	CXWORX®	Nordic Wellness Exclusive	Kristin Andersson
	25.nov	09:00 - 10:45	BODYATTACK®	Nordic Wellness Stigs Center	Lydia Johansson
	25.nov	11:15 - 13:00	BODYSTEP®	Nordic Wellness Stigs Center	Lydia Johansson
	25.nov	13:15 - 15:00	BODYPUMP®	Nordic Wellness Stigs Center	Sandra Börjesson
	26.nov	09:00 - 10:45	BODYPUMP®	Nordic Wellness Backaplan	Kristin Andersson
	26.nov	11:00 - 12:15	GRIT®	Nordic Wellness Backaplan	Emelie Orosz
	26.nov	12:30 - 14:15	BODYBALANCE®	Nordic Wellness Backaplan	Elaine Gustavsson
	26.nov	11:30 - 13:00	RPM®	Nordic Wellness Exclusive	Jimmy Liew
	26.nov	13:30 - 14:45	LES MILLS SPRINT™	Nordic Wellness Exclusive	Jimmy Liew
	26.nov	15:00 - 16:45	BODYPUMP®	Nordic Wellness Exclusive	Michael Steenhouwer
	26.nov	17:00 - 18:15	CXWORX®	Nordic Wellness Exclusive	Michael Steenhouwer
	1.dec	06:45 - 08:30	BODYPUMP®	Nordic Wellness Krokslätt	Sandra Börjesson
	1.dec	18:00 - 19:15	CXWORX®	Nordic Wellness Almedal	Julia Pohjanen
	2.dec	09:00 - 10:15	CXWORX®	Nordic Wellness Backaplan	Julia Pohjanen
	2.dec	10:30 - 12:15	BODYATTACK®	Nordic Wellness Backaplan	Julia Pohjanen
	2.dec	12:30 - 14:15	BODYPUMP®	Nordic Wellness Backaplan	Sandra Börjesson
	2.dec	14:30 - 15:45	GRIT®	Nordic Wellness Backaplan	Cristine Skogastierna
	2.dec	10:30 - 11:45	LES MILLS SPRINT™	Nordic Wellness Arena/Skidome	Ida Sarström
	2.dec	12:15 - 13:45	RPM®	Nordic Wellness Arena/Skidome	Ida Sarström
	2.dec	14:00 - 15:30	BODYVIVE®	Nordic Wellness Frölunda Torg	Ragnhild Lien
	2.dec	15:45 - 17:30	BODYBALANCE®	Nordic Wellness Frölunda Torg	Ragnhild Lien
	3.dec	09:00 - 10:45	BODYPUMP®	Nordic Wellness Lindholmen	Martin Krook
	3.dec	11:00 - 12:15	GRIT®	Nordic Wellness Lindholmen	Martin Krook
	3.dec	12:30 - 14:15	BODYCOMBAT®	Nordic Wellness Lindholmen	Cristine Skogastierna
	3.dec	11:45 - 13:30	BODYBALANCE®	Fysiken Gibraltargatan	Kristin Andersson
	3.dec	14:00 - 15:15	CXWORX®	Fysiken Gibraltargatan	Kristin Andersson
	3.dec	15:45 - 17:00	LES MILLS SPRINT™	Fysiken Gibraltargatan	Jim Berg
	3.dec	17:15 - 18:45	RPM®	Fysiken Gibraltargatan	Jim Berg
HELSINGBORG	25.nov	09:00 - 10:45	BODYBALANCE®	Filborna Arena	Hanna Lundh
	25.nov	11:00 - 12:15	GRIT®	Filborna Arena	Hanna Lundh
	25.nov	12:30 - 14:15	BODYPUMP®	Filborna Arena	Michael Steenhouwer
	25.nov	14:30 - 15:45	CXWORX®	Filborna Arena	Michael Steenhouwer
RONNEBY	2.dec	11:00 - 12:45	BODYPUMP®	Wellness Studio	Kenneth Mose
	2.dec	13:00 - 14:15	CXWORX®	Wellness Studio	Kenneth Mose
LUND	3.dec	10:00 - 11:45	BODYPUMP®	Gerdahallen	Elin Atlebond
	3.dec	12:00 - 13:45	BODYCOMBAT®	Gerdahallen	Elin Atlebond
	3.dec	14:00 - 15:30	RPM®	Gerdahallen	Ida Sarström
	3.dec	15:45 - 17:00	LES MILLS SPRINT™	Gerdahallen	Ida Sarström
MALMÖ	24.nov	18:00 - 19:45	BODYPUMP®	Nordic Wellness Emporia	Elise Engström
	25.nov	09:45 - 11:15	BODYVIVE®	Kockum Fritid	Kristin Andersson
	25.nov	11:30 - 12:45	CXWORX®	Kockum Fritid	Kristin Andersson
	25.nov	13:30 - 15:15	BODYBALANCE®	Kockum Fritid	Kristin Andersson
	25.nov	13:00 - 14:30	SH'BAM®	Kockum Fritid	Niklas Bohlin
	25.nov	14:45 - 16:30	BODYJAM®	Kockum Fritid	Mille Kodbøl Vindelev Jørgensen

25.nov	09:15 - 10:30	GRIT®	The Motion Studio	Elin Hellström
25.nov	10:45 - 12:00	CXWORX®	The Motion Studio	Elin Hellström
25.nov	12:15 - 14:00	BODYPUMP®	The Motion Studio	Elise Engström
26.nov	09:15 - 10:30	CXWORX®	Kockum Fritid	Julia Pohjanen
26.nov	10:45 - 12:30	BODYSTEP®	Kockum Fritid	Julia Pohjanen
26.nov	12:45 - 14:30	BODYPUMP®	Kockum Fritid	Mathilda Björck
26.nov	14:45 - 16:30	BODYATTACK®	Kockum Fritid	Mathilda Björck
26.nov	13:00 - 14:45	BODYCOMBAT®	Nordic Wellness Emporia	Daniel Isaksson
26.nov	16:30 - 17:45	LES MILLS SPRINT™	Nordic Wellness Emporia	Ida Sarström
26.nov	14:45 - 16:15	RPM®	Nordic Wellness Emporia	Ida Sarström
26.nov	18:00 - 19:45	BODYPUMP®	Nordic Wellness Emporia	Mikkel Hjort