

Initial Training 2020-2021 | Book your training in the Instructor Portal >>

Program	Date	City	Country	Program	Date	City	Country	
BODYATTACK®	14-15 Mar	Oslo	Norway	BODYCOMBAT®	14-15 Mar	Gothenburg	Sweden	
	14-15 Mar	Warsaw	Poland		21-22 Mar	Warsaw	Poland	
	21-22 Mar	Stockholm	Sweden		28-29 Mar	Oulu	Finland	
	28-29 Mar	Helsinki	Finland		04-05 Apr	Oslo	Norway	
	18-19 Apr	Roskilde	Denmark		25-26 Apr	Tallinn	Estonia	
	02-03 May	Gothenburg	Sweden		25-26 Apr	Copenhagen	Denmark	
	09-10 May	Tallinn	Estonia		02-03 May	Stockholm	Sweden	
	13-14 Jun	Oslo	Norway		09-10 May	Helsinki	Finland	
	04-05 Jul	Stockholm	Sweden		27-28 Jun	Oslo	Norway	
	15-16 Aug	Gothenburg	Sweden		04-05 Jul	Prague	Czech	
	15-16 Aug	Helsinki	Finland		11-12 Jul	Warsaw	Poland	
	26-27 Sep	Oslo	Norway		25-26 Jul	Gothenburg	Sweden	
	26-27 Sep	Warsaw	Poland		22-23 Aug	Oslo	Norway	
	17-18 Oct	Tallinn	Estonia		22-23 Aug	Bucharest	Romania	
	17-18 Oct	Stockholm	Sweden		29-30 Aug	Aarhus	Denmark	
	07-08 Nov	Aarhus	Denmark		26-27 Sep	Stockholm	Sweden	
	12-13 Dec	Gothenburg	Sweden		26-27 Sep	Helsinki	Finland	
	12-13 Dec	Helsinki	Finland		10-11 Oct	Warsaw	Poland	
	16-17 Jan	Oslo	Norway		17-18 Oct	Oslo	Norway	
	30-31 Jan	Stockholm	Sweden		07-08 Nov	Gothenburg	Sweden	
	06-07 Feb	Copenhagen	Denmark		07-08 Nov	Prague	Czech	
	20-21 Feb	Gothenburg	Sweden		05-06 Dec	Tallinn	Estonia	
	27-28 Mar	Helsinki	Finland		12-13 Dec	Tampere	Finland	
	BODYBALANCE®	14-15 Mar	Gothenburg		Sweden	19-20 Dec	Oslo	Norway
BODYFLOW® (DK)		21-22 Mar	Naestved	Denmark	09-10 Jan	Odense	Denmark	
		21-22 Mar	Prague	Czech	16-17 Jan	Stockholm	Sweden	
		28-29 Mar	Tallinn	Estonia	23-24 Jan	Warsaw	Poland	
		04-05 Apr	Stockholm	Sweden	13-14 Feb	Oslo	Norway	
		25-26 Apr	Copenhagen	Denmark	20-21 Mar	Helsinki	Finland	
		02-03 May	Oslo	Norway	27-28 Mar	Gothenburg	Sweden	
		09-10 May	Gothenburg	Sweden	BODYJAM®	14-15 Mar	Gothenburg	Sweden
		09-10 May	Helsinki	Finland		21-22 Mar	Warsaw	Poland
		06-07 Jun	Warsaw	Poland		02-03 May	Horsens	Denmark
		27-28 Jun	Stockholm	Sweden		09-10 May	Stockholm	Sweden
		27-28 Jun	Prague	Czech		09-10 May	Prague	Czech
		01-02 Aug	Gothenburg	Sweden		09-10 May	Helsinki	Finland
		08-09 Aug	Helsinki	Finland		04-05 Jul	Oslo	Norway
		15-16 Aug	Oslo	Norway		22-23 Aug	Warsaw	Poland
		26-27 Sep	Aarhus	Denmark		29-30 Aug	Gothenburg	Sweden
		26-27 Sep	Bucharest	Romania		31 Oct-1 Nov	Stockholm	Sweden
		26-27 Sep	Tallinn	Estonia		14-15 Nov	Copenhagen	Denmark
		03-04 Oct	Stockholm	Sweden		06-07 Feb	Gothenburg	Sweden
		17-18 Oct	Prague	Czech	SH'BAM®	04-05 Apr	Helsinki	Finland
		31 Oct-1 Nov	Oslo	Norway		09-10 May	Oslo	Norway
		07-08 Nov	Gothenburg	Sweden		16-17 May	Warsaw	Poland
		14-15 Nov	Oulu	Finland		13-14 Jun	Stockholm	Sweden
		12-13 Dec	Copenhagen	Denmark		15-16 Aug	Copenhagen	Denmark
	12-13 Dec	Warsaw	Poland	22-23 Aug		Helsinki	Finland	
19-20 Dec	Stockholm	Sweden	26-27 Sep	Gothenburg		Sweden		
09-10 Jan	Oslo	Norway	14-15 Nov	Oslo		Norway		
30-31 Jan	Gothenburg	Sweden	12-13 Dec	Stockholm		Sweden		
06-07 Feb	Helsinki	Finland	09-10 Jan	Helsinki		Finland		
20-21 Feb	Stockholm	Sweden	06-07 Feb	Warsaw		Poland		
20-21 Mar	Oslo	Norway	20-21 Mar	Gothenburg		Sweden		
20-21 Mar	Tallinn	Estonia						
27-28 Mar	Horsens	Denmark						
27-28 Mar	Warsaw	Poland						

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Program	Date	City	Country	Program	Date	City	Country	
BODYPUMP®	14-15 Mar	Stockholm	Sweden	BODYSTEP®	25-26 Apr	Stockholm	Sweden	
	28-29 Mar	Gothenburg	Sweden		09-10 May	Oslo	Norway	
	04-05 Apr	Copenhagen	Denmark		06-07 Jun	Aarhus	Denmark	
	04-05 Apr	Warsaw	Poland		13-14 Jun	Oulu	Finland	
	25-26 Apr	Oslo	Norway		29-30 Aug	Oslo	Norway	
	25-26 Apr	Stockholm	Sweden		24-25 Oct	Helsinki	Finland	
	25-26 Apr	Prague	Czech		12-13 Dec	Gothenburg	Sweden	
	09-10 May	Gothenburg	Sweden		13-14 Feb	Copenhagen	Denmark	
	09-10 May	Tampere	Finland		27-28 Mar	Oslo	Norway	
	09-10 May	Bucharest	Romania		BORN TO MOVE®	08-09 Aug	Stockholm	Sweden
	06-07 Jun	Odense	Denmark			22-23 Aug	Gothenburg	Sweden
	13-14 Jun	Oslo	Norway			12-13 Dec	Gothenburg	Sweden
	27-28 Jun	Stockholm	Sweden		09-10 Jan	Malmö	Sweden	
	11-12 Jul	Prague	Czech		CXWORX®	21-22 Mar	Stockholm	Sweden
	18-19 Jul	Gothenburg	Sweden			21-22 Mar	Bucharest	Romania
	01-02 Aug	Oslo	Norway	18-19 Apr		Warsaw	Poland	
	08-09 Aug	Stockholm	Sweden	25-26 Apr		Helsinki	Finland	
	08-09 Aug	Helsinki	Finland	25-26 Apr		Oslo	Norway	
	08-09 Aug	Horsens	Denmark	02-03 May		Gothenburg	Sweden	
	08-09 Aug	Bucharest	Romania	09-10 May		Copenhagen	Denmark	
	15-16 Aug	Warsaw	Poland	27-28 Jun		Stockholm	Sweden	
	22-23 Aug	Tallinn	Estonia	11-12 Jul		Gothenburg	Sweden	
	29-30 Aug	Gothenburg	Sweden	08-09 Aug		Oslo	Norway	
	26-27 Sep	Stockholm	Sweden	15-16 Aug		Stockholm	Sweden	
	10-11 Oct	Gothenburg	Sweden	29-30 Aug		Prague	Czech	
	10-11 Oct	Copenhagen	Denmark	26-27 Sep		Tampere	Finland	
	24-25 Oct	Oslo	Norway	03-04 Oct		Warsaw	Poland	
	31 Oct-1 Nov	Stockholm	Sweden	10-11 Oct		Bucharest	Romania	
	31 Oct-1 Nov	Prague	Czech	17-18 Oct	Gothenburg	Sweden		
	07-08 Nov	Helsinki	Finland	07-08 Nov	Oslo	Norway		
	05-06 Dec	Gothenburg	Sweden	05-06 Dec	Stockholm	Sweden		
	14-15 Nov	Warsaw	Poland	12-13 Dec	Helsinki	Finland		
	12.-13 Dec	Oslo	Norway	19-20 Dec	Gothenburg	Sweden		
12.-13 Dec	Bucharest	Romania	16-17 Jan	Stockholm	Sweden			
19-20 Dec	Stockholm	Sweden	16-17 Jan	Prague	Czech			
09-10 Jan	Gothenburg	Sweden	23-24 Jan	Oslo	Norway			
09-10 Jan	Helsinki	Finland	30-31 Jan	Warsaw	Poland			
23-24 Jan	Stockholm	Sweden	13-14 Feb	Gothenburg	Sweden			
23-24 Jan	Naestved	Denmark	27-28 Mar	Stockholm	Sweden			
23-24 Jan	Tallinn	Estonia	LES MILLS BARRE™	28-29 Mar	Prague	Czech		
06-07 Feb	Gothenburg	Sweden		28-29 Mar	Stockholm	Sweden		
13-14 Feb	Warsaw	Poland		30-31 May	Warszawa	Poland		
20-21 Feb	Stockholm	Sweden		15-16 Aug	Helsinki	Finland		
20-21 Feb	Oslo	Norway		22-23 Aug	Gothenburg	Sweden		
20-21 Mar	Gothenburg	Sweden		07-08 Nov	Copenhagen	Denmark		
20-21 Mar	Tampere	Finland		12-13 Dec	Helsinki	Finland		
20-21 Mar	Prague	Czech		23-24 Jan	Stockholm	Sweden		
27-28 Mar	Prague	Czech		LES MILLS TONE™	04-05 Apr	Gothenburg	Sweden	
					09-10 May	Helsinki	Finland	
					27-28 Jun	Oslo	Norway	
					08-09 Aug	Stockholm	Sweden	
			24-25 Oct		Helsinki	Finland		
			12-13 Dec		Gothenburg	Sweden		
			16-17 Jan		Helsinki	Finland		
			30-31 Jan	Oslo	Norway			
			20-21 Mar	Stockholm	Sweden			

Initial Module Training January 2020- March 2021 | Book your training in the Instructor Portal >>

Program	Date	City	Country	Program	Date	City	Country
LES MILLS GRIT™	07-08 Mar	Prague	Czech				
	21-22 Mar	Gothenburg	Sweden				
	18-19 Apr	Bucharest	Romania				
	02-03 May	Oslo	Norway				
	09-10 May	Stockholm	Sweden				
	06-07 Jun	Tampere	Finland				
	13-14 Jun	Copenhagen	Denmark				
	20-21 Jun	Warsaw	Poland				
	22-23 Aug	Gothenburg	Sweden				
	26-27 Sep	Prague	Czech				
	26-27 Sep	Oslo	Norway				
	17-18 Oct	Bucharest	Romania				
	24-25 Oct	Stockholm	Sweden				
	07-08 Nov	Helsinki	Finland				
	07-08 Nov	Warsaw	Poland				
	19-20 Dec	Gothenburg	Sweden				
	30-31 Jan	Stockholm	Sweden				
	06-07 Feb	Oslo	Norway				
	13-14 Feb	Oulu	Finland				
	13-14 Feb	Prague	Czech				
27-28 Mar	Gothenburg	Sweden					
LES MILLS SPRINT™	14-15 Mar	Stockholm	Sweden				
	25-26 Apr	Gothenburg	Sweden				
	25-26 Apr	Helsinki	Finland				
	13-14 Jun	Stockholm	Sweden				
	29-30 Aug	Gothenburg	Sweden				
	29-30 Aug	Warsaw	Poland				
	26-27 Sep	Malmö	Sweden				
	26-27 Sep	Bucharest	Romania				
	03-04 Oct	Helsinki	Finland				
	05-06 Dec	Stockholm	Sweden				
	19-20 Dec	Oslo	Norway				
	23-24 Jan	Gothenburg	Sweden				
	13-14 Feb	Stockholm	Sweden				
RPM®	25-26 Apr	Stockholm	Sweden				
	11-12 Jul	Oslo	Norway				
	01-02 Aug	Malmö	Sweden				
	15-16 Aug	Helsinki	Finland				
	29-30 Aug	Warsaw	Poland				
	10-11 Oct	Bucharest	Romania				
	24-25 Oct	Gothenburg	Sweden				
	09-10 Jan	Stockholm	Sweden				
13-14 Feb	Gothenburg	Sweden					

Advanced Training 2020-2021 | Book your training in the Instructor Portal >>

Program	Date	City	Country
BODYATTACK®	14-15 Mar	Stockholm	Sweden
<i>BODYATTACK® & BODYCOMBAT®</i>	06-07 Jun	Tallinn	Estonia
	13-14 Jun	Aarhus	Denmark
<i>BODYATTACK® & LES MILLS GRIT®</i>	Start 21 Sep	6 weeks	Online
<i>BODYATTACK® & BODYSTEP®</i>	26-27 Sep	Helsinki	Finland
	17-18 Oct	Stockholm	Sweden
BODYBALANCE® / BODYFLOW®	Start 09 Mar	6 weeks	Online
<i>BODYBALANCE® & BODYSTEP®</i>	Start 04 May	6 weeks	Online
	13-14 Jun	Gothenburg	Sweden
	22-23 Aug	Odense	Denmark
	22-23 Aug	Warsaw	Poland
	07-08 Nov	Stockholm	Sweden
	14-15 Nov	Helsinki	Finland
	Start 18 Jan	6 weeks	Online
	13-14 Feb	Gothenburg	Sweden
	13-14 Feb	Tallinn	Estonia
BODYCOMBAT®	21-22 Mar	Helsinki	Finland
	28-29 Mar	Warsaw	Poland
	Start 09 Mar	6 weeks	Online
	25-26 Apr	Gothenburg	Sweden
<i>BODYCOMBAT® & BODYJAM®</i>	Start 4 May	6 weeks	Online
<i>BODYCOMBAT® & BODYATTACK®</i>	06-07 Jun	Tallinn	Estonia
	05-06 Sep	Warsaw	Poland
	03-04 Oct	Copenhagen	Denmark
	Start 09 Nov	6 weeks	Online
	06-07 Feb	Oslo	Norway
	27-28 Mar	Helsinki	Finland
BODYJAM®			
<i>BODYJAM® & BODYCOMBAT®</i>	Start 4 May	6 weeks	Online
<i>BODYJAM® & SH'BAM®</i>	26-27 Sep	Copenhagen	Denmark
<i>BODYJAM®, SH'BAM® & LES MILLS BARRE™</i>	17-18 Oct	Helsinki	Finland
<i>BODYJAM® & SH'BAM®</i>	05-06 Dec	Stockholm	Sweden
BODYPUMP®	14-15 Mar	Tallinn	Estonia
	21-22 Mar	Copenhagen	Denmark
	28-29 Mar	Stockholm	Sweden
	Start 09 Mar	6 weeks	Online
	25-26 Apr	Warsaw	Poland
	09-10 May	Prague	Czech
	13-14 Jun	Oslo	Norway
	11-12 Jul	Stockholm	Sweden
	Start 21 Sep	6 weeks	Online
	24-25 Oct	Warsaw	Poland
	07-08 Nov	Aarhus	Denmark
	14-15 Nov	Gothenburg	Sweden
	Start 18 Jan	6 weeks	Online
	30-31 Jan	Helsinki	Finland
	06-07 Feb	Stockholm	Sweden
	20-21 Mar	Tallinn	Estonia
	27-28 Mar	Oslo	Norway

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Program	Date	City	Country
CXWORX®			
<i>CXWORX® & LES MILLS TONE™</i>	09-10 May	Helsinki	Finland
	9-10 May	Stockholm	Sweden
	29-30 Aug	Copenhagen	Denmark
	Start 09 Nov	6 weeks	Online
	10-11 Oct	Oslo	Norway
	06-07 Feb	Warsaw	Poland
LES MILLS BARRE™			
<i>LES MILLS BARRE™ & LES MILLS TONE™</i>	25-26 Apr	Stockholm	Sweden
<i>LES MILLS BARRE™, BODYJAM® & SH'BAM®</i>	17-18 Oct	Helsinki	Finland
LES MILLS GRIT®			
<i>LES MILLS GRIT®</i>	05-06 Sep	Warsaw	Poland
<i>LES MILLS GRIT® & BODYATTACK®</i>	Start 21 Sep	6 weeks	Online
	12-13 Dec	Gothenburg	Sweden
LES MILLS SPRINT™			
<i>LES MILLS SPRINT™</i>	21-22 Mar	Stockholm	Sweden
<i>LES MILLS SPRINT™ & RPM®</i>	Start 21 Sep	6 weeks	Online
	24-25 Oct	Stockholm	Sweden
	27-28 Mar	Gothenburg	Sweden
LES MILLS TONE™			
<i>LES MILLS TONE™ & CXWORX®</i>	09-10 May	Helsinki	Finland
<i>LES MILLS TONE™ & LES MILLS BARRE™</i>	25-26 Apr	Stockholm	Sweden
SH'BAM®			
<i>SH'BAM® & BODYJAM®</i>	Start 09 Mar	6 weeks	Online
<i>SH'BAM®, BODYJAM® & LES MILLS BARRE™</i>	26-27 Sep	Copenhagen	Denmark
<i>SH'BAM®, BODYJAM® & LES MILLS BARRE™</i>	17-18 Oct	Helsinki	Finland
<i>SH'BAM® & BODYJAM®</i>	05-06 Dec	Stockholm	Sweden
BODYSTEP®			
<i>BODYSTEP®</i>	02-03 May	Stockholm	Sweden
<i>BODYSTEP® & BODYBALANCE®</i>	Start 04 May	6 weeks	Online
<i>BODYSTEP® & BODYATTACK®</i>	26-27 Sep	Helsinki	Finland
RPM®			
<i>RPM® & LES MILLS SPRINT™</i>	Start 21 Sep	6 weeks	Online
	12-13 Dec	Stockholm	Sweden

Group Fitness Management 2020-2021 | Contact nordic@lesmills.com to book your spot

Program	Date	City	Country
Group Fitness Management	12-13 Mar	Stockholm	Sweden
Group Fitness Management	21-22 Ap	Oslo	Norway
Group Fitness Management	13-14 May	Aarhus	Denmark
Group Fitness Management	16-17 May	Helsinki	Finland
Group Fitness Management	22-23 Sep	Copenhagen	Denmark
Group Fitness Management	08-09 Oct	Stockholm	Sweden
Group Fitness Management	07-08 Nov	Tampere	Finland