

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

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

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

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

Program	Date	City	Country
BODYATTACK®			
<i>BODYATTACK® & BODYCOMBAT®</i>	06-07 Jun	Tallinn	Estonia
	27-28 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®			
<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®			
<i>BODYCOMBAT® & BODYJAM®</i>	25-26 Apr	Gothenburg	Sweden
<i>BODYCOMBAT® & BODYATTACK®</i>	Start 4 May	6 weeks	Online
	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®			
	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
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

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