

# QUARTERLY TRAININGS | MAY | 2020

SWEDEN | DENMARK | NORWAY | FINLAND | ESTONIA | POLAND | CZECH | SLOVAKIA | ROMANIA



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## QUARTERLY TRAININGS | WEBINARS | CENTRAL EUROPEAN TIME

Date	Time	Program	Language	Trainer
17-May	16:00 - 17:00	<b>BODYPUMP®</b>	English	Michael Steenhouwer & Szymon Wesolowski
17-May	17:15 - 18:15	<b>BODYBALANCE®/BODYFLOW®</b>	English	Tor Andersen & Kristin Andersson
17-May	18:30 - 19:30	<b>BODYCOMBAT®</b>	English	Hanna Lundh & Szymon Wesolowski
17-May	19:45 - 20:45	<b>CXWORX®</b>	English	Elin Hellström & Eerika Bui
19-May	19:15 - 20:15	<b>LES MILLS BARRE™</b>	English	Janni Lindgren & Charlotte Carlén
19-May	20:30 - 21:30	<b>BODYJAM®</b>	English	Charlotte Carlén & Janni Lindgren
20-May	19:15 - 20:15	<b>THE TRIP™ LIVE Release 20*)</b>	English	Adam Gripenblom
20-May	20:30 - 21:30	<b>BODYSTEP®</b>	English	Susanna Varsanpää & Ditte Sommer Weinreich
23-May	09:00 - 10:00	<b>BODYATTACK®</b>	English	Ditte Sommer Weinreich & Fanny Åhlund
23-May	10:15 - 11:15	<b>BODYPUMP®</b>	Swedish	Ida Sarström & Michael Steenhouwer
23-May	11:30 - 12:30	<b>LES MILLS GRIT®</b>	English	Elin Hellström & Hanna Lundh
24-May	16:00 - 17:00	<b>BODYPUMP®</b>	Finnish	Mika Kankainen & Susanna Varsanpää
24-May	17:15 - 18:15	<b>LES MILLS SPRINT™</b>	English	Adam Gripenblom & Ida Sarström
24-May	18:30 - 19:30	<b>RPM®</b>	English	Eerika Bui & Adam Gripenblom
24-May	19:45 - 20:45	<b>LES MILLS TONE™</b>	English	Kristin Andersson & Tor Andersen
26-May	19:15 - 20:15	<b>SH'BAM®</b>	English	Janni Lindgren & Charlotte Carlén
26-May	20:30 - 21:30	<b>BODYPUMP®</b>	English	Szymon Wesolowski & Michael Steenhouwer
27-May	19:15 - 20:15	<b>BODYBALANCE®</b>	Finnish	Arja Vanhanen & Susanna Varsanpää
27-May	20:30 - 21:30	<b>BODYCOMBAT®</b>	Finnish	Eerika Bui & Mika Kankainen
28-May	19:15 - 20:15	<b>THE TRIP™ Release 21**)</b>	English	Adam Gripenblom & Eerika Bui
28-May	20:30 - 21:30	<b>BODYBALANCE®/BODYFLOW®</b>	Swedish	Kristin Andersson & Hanna Lundh
30-May	10:15 - 11:15	<b>BODYPUMP®</b>	Swedish	Michael Steenhouwer & Ida Sarström
30-May	11:30 - 12:30	<b>CXWORX®</b>	Swedish	Elin Hellström & Michael Steenhouwer

### How to find Quarterly webinars in the Instructor portal

The webinars are connected to cities in the Instructor portal. To find the webinars in English and Swedish you have to search Stockholm (Sweden) and the ones in Finnish search Helsinki (Finland). If you don't live in any of these countries, please book your webinar by email [nordic@lesmills.com](mailto:nordic@lesmills.com).

### What is the difference between the two THE TRIP™ webinars?

THE TRIP™ LIVE Release 20\*) is the webinar for the LES MILLS VIRTUAL release and THE TRIP™ Release 21\*\*) is the webinar for the IMMERSIVE FITNESS release.

## IMPORTANT INFORMATION

### The NEW Releases

The Q2 releases will be uploaded to the Instructor portal on the **12th of May**.

#### **I would like to skip this round of releases!**

We know that many clubs are closed at the moment and should you wish to skip the Q2 releases you can do so. Follow the instructions below:

1. Log in to the [Instructor portal >>](#)
2. Scroll down to YOUR CERTIFICATIONS - MORE OPTIONS.
3. Click on Skip Quarterly (Q2/2020) link for each program you wish to skip this round.

#### **I still want the new releases!**

If your club usually pays for your releases but wants to skip this round, you still can purchase them yourself by updating your Billing Information in your Account Setting. Follow the instructions below:

1. Log in to the [Instructor portal >>](#)
2. In Account Setting scroll down to BILLING INFORMATION.
3. Click VIEW/EDIT BILLING INFO
4. Fill in your details and SAVE.

If you already pay for your releases by yourself make sure that you Billing Information is up to date.

### How to book a Quarterly Training

1. Log in to the [Instructor Portal >>](#)
2. Go to "Events" - Choose "Quarterly Workshop" & Select "Program Type"
3. Find your event - Choose the one you like to attend - "Book" - Tick the box under "Book"
4. You do not use any "Discount Code" - Click "Continue"
5. Fill out "Billing Information" home address - Continue to Payment Information and Order Review
6. Place order - check your email for a Confirmation.

You can find the fully detailed [Step by Step Guide here >>](#)

### Quarterly Training Overview 2020 | Weeks & Release Dates

Q2 - WEEK 20-22	Releases available in the Instructor Portal & Releases APP on: 12th May
Q3 - WEEK 37-38	Releases available in the Instructor Portal & Releases APP on: 15th Sep
Q4 - WEEK 47-49	Releases available in the Instructor Portal & Releases APP on: 17th Nov