



LES MILLS

TRAINING DATES 2020-2021 | SWEDEN | DENMARK | NORWAY | FINLAND | ESTONIA | POLAND | CZECH | ROMANIA |

WHAT IS AN INITIAL TRAINING?

The Initial training is a 2-day course where you will learn how to safely and effectively teach the specific Les Mills program. The Initial training is designed to fit different learning styles and includes lectures, group discussions, practical workout sessions and teaching practice. The course is facilitated by our specialized Trainers that will support you through the entire training. You can choose between two formats, a 2-day live training or a 2-day online course.

What to prepare for an Initial training?

10 days prior the course you will revise your course material including assigned pre-work which includes learning the choreography for two tracks that have been selected for you.

What happens after the Initial training?

Once you have acquired the skills to PASS the Initial training you are allowed to teach classes. Within 60 days of completing the Initial training you will need to submit an assessment video where you present a whole class and showcase the compulsory skills to become certified within that program. All certifications must be completed within six months of attending the training.

WHAT IS AN ADVANCED TRAINING?

The Advanced Training has been designed to help you identify your personal strengths, to be grounded in the essence of your program, to enhance the workout experience for your participant and pack your classes. You can choose between two formats, a 2-day live training or a 2-day online course.

What will you learn?

You will find your unique leadership style by exploring your why, your values and your beliefs. Develop your own style of performance within the essence of your program and learn how to enhance the experience by blending the dimensions of connection, motivation and education.

WHAT IS GROUP FITNESS MANAGEMENT?

This dynamic and interactive workshop is all about an intensive, hands-on learning experience developed to help you transform the earning power of group fitness. At our 2-day Group Fitness Management course you will learn a highly effective leadership framework, new cutting-edge management tools and then bulletproof your action plan to drive growth while increasing retention. This workshop is designed for you who work as a Group fitness manager as well as for you who plan to become one.

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Date	Type	Program	City	Date	Type	Program	City
June				29-30 August	Initial Training	BODYATTACK®	Online
06-07 Jun	Initial Training	SH'BAM®	Online	29-30 Aug	Initial Training	BODYJAM®	Gothenburg
06-07 Jun	Initial Training	BODYBALANCE®	Online	29-30 Aug	Initial Training	LES MILLS SPRINT™	Gothenburg
13-14 Jun	Initial Training	CXWORX®	Online	29-30 Aug	Initial Training	BODYPUMP®	Gothenburg
13-14 Jun	Initial Training	LES MILLS SPRINT™	Online	September			
13-14 Jun	Initial Training	BODYSTEP®	Online	26-27 Sep	Initial Training	BODYPUMP®	Stockholm
27-28 Jun	Initial Training	BODYPUMP®	Stockholm	26-27 Sep	Initial Training	BODYCOMBAT®	Stockholm
27-28 Jun	Initial Training	CXWORX®	Stockholm	26-27 Sep	Initial Training	SH'BAM®	Gothenburg
27-28 Jun	Initial Training	BODYCOMBAT®	Online	26-27 Sep	Initial Training	LES MILLS SPRINT™	Malmö
27-28 Jun	Initial Training	LES MILLS GRIT®	Online	October			
July				03-04 Oct	Initial Training	BODYBALANCE®	Stockholm
04-05 Jul	Initial Training	BODYATTACK®	Stockholm	08-09 Oct	Management	GROUP FITNESS MANAGEMENT	Stockholm
August				10-11 Oct	Initial Training	BODYPUMP®	Gothenburg
15-16 Aug	initial Training	BODYPUMP®	Stockholm	17-18 Oct	Advanced Training	BODYATTACK®	Stockholm
15-16 Aug	Initial Training	BORN TO MOVE®	Stockholm	17-18 Oct	Initial Training	BODYATTACK®	Stockholm
15-16 Aug	Initial Training	BODYATTACK®	Gothenburg	17-18 Oct	Initial Training	CXWORX®	Gothenburg
15-16 Aug	Initial Training	CXWORX®	Stockholm	24-25 Oct	Advanced Training	LES MILLS SPRINT™	Stockholm
15-16 Aug	Initial Training	BODYBALANCE®	Gothenburg	24-25 Oct	Initial Training	RPM®	Gothenburg
15-16 August	Initial Training	BODYJAM®	Online	24-25 Oct	Initial Training	LES MILLS GRIT®	Stockholm
15-16 August	Initial Training	BODYPUMP®	Online	31-01 Oct/Nov	Initial Training	BODYPUMP®	Stockholm
15-16 August	Initial Training	BODYBALANCE®	Online	31-01 Oct/Nov	Initial Training	BODYJAM®	Stockholm
22-23 August	Initial Training	CXWORX®	Online	November			
22-23 August	Initial Training	BODYSTEP®	Online	07-08 Nov	Advanced Training	BODYBALANCE®	Gothenburg
22-23 August	Initial Training	BODYCOMBAT®	Online	07-08 Nov	Initial Training	BODYBALANCE®	Gothenburg
22-23 Aug	Initial Training	LES MILLS BARRE™	Gothenburg	07-08 Nov	Initial Training	BODYCOMBAT®	Gothenburg
22-23 Aug	Initial Training	LES MILLS GRIT®	Gothenburg	14-15 Nov	Advanced Training	BODYPUMP®	Gothenburg
22-23 Aug	Initial Training	BORN TO MOVE®	Gothenburg	14-15 Nov	Initial Training	CXWORX®	Stockholm
29-30 August	Initial Training	LES MILLS GRIT®	Online				
29-30 August	Initial Training	SH'BAM®	Online				

TRAINING DATES 2020-2021 | SWEDEN | DENMARK | NORWAY | FINLAND | ESTONIA | POLAND | CZECH | ROMANIA | ADVANCED TRAINING |

Date	Type	Program	City	Date	Type	Program	City
December				January 2021			
05-06 Dec	Advanced Training	BODYJAM® & SH'BAM®	Stockholm	09-10 Jan	Initial Training	RPM®	Stockholm
05-06 Dec	Initial Training	BODYPUMP®	Gothenburg	09-10 Jan	Initial Training	BODYPUMP®	Gothenburg
05-06 Dec	Initial Training	LES MILLS SPRINT™	Stockholm	09-10 Jan	Initial Training	BORN TO MOVE®	Malmö
12-13 Dec	Advanced Training	RPM®	Stockholm	16-17 Jan	Initial Training	BODYCOMBAT®	Stockholm
12-13 Dec	Advanced Training	LES MILLS GRIT®	Gothenburg	16-17 Jan	Initial Training	CXWORX®	Stockholm
12-13 Dec	Initial Training	BODYATTACK®	Gothenburg	23-24 Jan	Initial Training	BODYPUMP®	Stockholm
12-13 Dec	Initial Training	LES MILLS TONE™	Gothenburg	23-24 Jan	Initial Training	LES MILLS SPRINT™	Gothenburg
12-13 Dec	Initial Training	SH'BAM®	Stockholm	23-24 Jan	Initial Training	LES MILLS BARRE™	Stockholm
12-13 Dec	Initial Training	BODYSTEP®	Gothenburg	30-31 Jan	Initial Training	BODYBALANCE®	Gothenburg
12-13 Dec	Initial Training	BORN TO MOVE®	Gothenburg	30-31 Jan	Initial Training	LES MILLS GRIT®	Stockholm
19-20 Dec	Initial Training	BODYBALANCE®	Stockholm	30-31 Jan	Initial Training	BODYATTACK®	Stockholm
19-20 Dec	Initial Training	CXWORX®	Gothenburg	February 2021			
19-20 Dec	Initial Training	LES MILLS GRIT®	Gothenburg	06-07 Feb	Advanced Training	BODYPUMP®	Stockholm
19-20 Dec	Initial Training	BODYPUMP®	Stockholm	06-07 Feb	Initial Training	BODYJAM®	Gothenburg
				06-07 Feb	Initial Training	BODYPUMP®	Gothenburg
				13-14 Feb	Advanced Training	BODYBALANCE®	Gothenburg
				13-14 Feb	Initial Training	RPM®	Gothenburg
				13-14 Feb	Initial Training	LES MILLS SPRINT™	Stockholm
				13-14 Feb	Initial Training	CXWORX®	Gothenburg
				20-21 Feb	Initial Training	BODYATTACK®	Gothenburg
				20-21 Feb	Initial Training	BODYBALANCE®	Stockholm
				20-21 Feb	Initial Training	BODYPUMP®	Stockholm

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Date	Type	Program	City	Date	Type	Program	City
June				October			
06-07 Jun	Initial Training	SH'BAM®	Online	03-04 Oct	Advanced Training	BODYCOMBAT®	Copenhagen
06-07 Jun	Initial Training	BODYFLOW®	Online	10-11 Oct	Initial Training	BODYPUMP®	Copenhagen
13-14 Jun	Initial Training	CXWORX®	Online	November			
13-14 Jun	Initial Training	LES MILLS SPRINT™	Online	07-08 Nov	Initial Training	LES MILLS BARRE™	Copenhagen
13-14 Jun	Initial Training	BODYSTEP®	Online	07-08 Nov	Initial Training	BODYATTACK®	Aarhus
27-28 Jun	Initial Training	BODYCOMBAT®	Online	07-08 Nov	Advanced Training	BODYPUMP®	Aarhus
27-28 Jun	Initial Training	LES MILLS GRIT®	Online	14-15 Nov	Initial Training	BODYJAM®	Copenhagen
July				December			
04-05 Jul	Initial Training	BODYATTACK®	Online	12-13 Dec	Initial Training	BODYFLOW®	Copenhagen
August				January 2021			
15-16 Aug	Initial Training	SH'BAM®	Copenhagen	09-10 Jan	Initial Training	BODYCOMBAT®	Odense
15-16 August	Initial Training	BODYJAM®	Online	23-24 Jan	Initial Training	BODYPUMP®	Naestved
15-16 August	Initial Training	BODYPUMP®	Online	February 2021			
15-16 August	Initial Training	BODYFLOW®	Online	06-07 Feb	Initial Training	BODYATTACK®	Copenhagen
22-23 August	Initial Training	CXWORX®	Online	13-14 Feb	Initial Training	BODYSTEP®	Copenhagen
22-23 August	Initial Training	BODYSTEP®	Online	March 2021			
22-23 August	Initial Training	BODYCOMBAT®	Online	27-28 Mar	Initial Training	BODYFLOW®	Horsens
22-23 Aug	Advanced Training	BODYFLOW®	Odense				
29-30 August	Initial Training	LES MILLS GRIT®	Online				
29-30 August	Initial Training	SH'BAM®	Online				
29-30 August	Initial Training	BODYATTACK®	Online				
29-30 Aug	Initial Training	BODYCOMBAT®	Aarhus				
29-30 Aug	Advanced Training	CXWORX®	Copenhagen				
September							
22-23 Sep	Management	GROUP FITNESS MANAGEMENT	Copenhagen				
26-27 Sep	Advanced Training	BODYATTACK®	Aarhus				
26-27 Sep	Initial Training	BODYFLOW®	Aarhus				
26-27 Sep	Advanced Training	BODYJAM® & SH'BAM®	Copenhagen				

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Date	Type	Program	City	Date	Type	Program	City
June				November			
06-07 Jun	Initial Training	SH'BAM®	Online	07-08 Nov	Initial Training	CXWORX®	Oslo
06-07 Jun	Initial Training	BODYBALANCE®	Online	14-15 Nov	Initial Training	SH'BAM®	Oslo
13-14 Jun	Initial Training	CXWORX®	Online	December			
13-14 Jun	Initial Training	LES MILLS SPRINT™	Online	12-13 Dec	Initial Training	BODYPUMP®	Oslo
13-14 Jun	Initial Training	BODYSTEP®	Online	19-20 Dec	Initial Training	BODYCOMBAT®	Oslo
27-28 Jun	Initial Training	BODYCOMBAT®	Online	19-20 Dec	Initial Training	LES MILLS SPRINT™	Oslo
27-28 Jun	Initial Training	LES MILLS GRIT®	Online	January 2021			
July				09-10 Jan	Initial Training	BODYBALANCE®	Oslo
04-05 Jul	Initial Training	BODYATTACK®	Online	16-17 Jan	Initial Training	BODYATTACK®	Oslo
August				23-24 Jan	Initial Training	CXWORX®	Oslo
15-16 August	Initial Training	BODYJAM®	Online	30-31 Jan	Initial Training	LES MILLS TONE™	Oslo
15-16 August	Initial Training	BODYPUMP®	Online	February 2021			
15-16 August	Initial Training	BODYBALANCE®	Online	06-07 Feb	Advanced Training	BODYCOMBAT®	Oslo
22-23 August	Initial Training	CXWORX®	Online	06-07 Feb	Initial Training	LES MILLS GRIT®	Oslo
22-23 August	Initial Training	BODYSTEP®	Online	13-14 Feb	Initial Training	BODYCOMBAT®	Oslo
22-23 August	Initial Training	BODYCOMBAT®	Online	20-21 Feb	Initial Training	BODYPUMP®	Oslo
29-30 August	Initial Training	LES MILLS GRIT®	Online	March 2021			
29-30 August	Initial Training	SH'BAM®	Online	20-21 Mar	Initial Training	BODYBALANCE®	Oslo
29-30 August	Initial Training	BODYATTACK®	Online	27-28 Mar	Initial Training	BODYSTEP®	Oslo
September							
26-27 Sep	Initial Training	BODYATTACK®	Oslo				
26-27 Sep	Initial Training	LES MILLS GRIT®	Oslo				
October							
17-18 Oct	Initial Training	BODYCOMBAT®	Oslo				
24-25 Oct	Initial Training	BODYPUMP®	Oslo				
31 Oct-1 Nov	Initial Training	BODYBALANCE®	Oslo				

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Date	Type	Program	City	Date	Type	Program	City
June				October			
06-07 Jun	Initial Training	SH'BAM®	Online	03-04 Oct	Initial Training	LES MILLS SPRINT™	Helsinki
06-07 Jun	Initial Training	BODYBALANCE®	Online	17-18 Oct	Advanced Training	BODYJAM®, SH'BAM®, BARRE™	Helsinki
13-14 Jun	Initial Training	CXWORX®	Online	24-25 Oct	Initial Training	LES MILLS TONE™	Helsinki
13-14 Jun	Initial Training	LES MILLS SPRINT™	Online	24-25 Oct	Initial Training	BODYSTEP®	Helsinki
13-14 Jun	Initial Training	BODYSTEP®	Online	31 Oct-1 Nov	Advanced Training	BODYBALANCE®	Helsinki
27-28 Jun	Initial Training	BODYCOMBAT®	Online	November			
27-28 Jun	Initial Training	LES MILLS GRIT®	Online	07-08 Nov	Initial Training	LES MILLS GRIT®	Helsinki
July				07-08 Nov	Initial Training	BODYPUMP®	Helsinki
04-05 July	Initial Training	BODYATTACK®	Online	07-08 Nov	Initial Training	BODYBALANCE®	Oulu
August				07-08 Nov	Management	GROUP FITNESS MANAGEMENT	Tampere
15-16 Aug	Initial Training	BODYPUMP®	Helsinki	December			
15-16 August	Initial Training	BODYPUMP®	Online	12-13 Dec	Initial Training	BODYATTACK®	Helsinki
15-16 August	Initial Training	BODYBALANCE®	Online	12-13 Dec	Initial Training	BODYCOMBAT®	Tampere
15-16 Aug	Initial Training	LES MILLS BARRE™	Helsinki	12-13 Dec	Initial Training	CXWORX®	Helsinki
15-16 Aug	Initial Training	BODYBALANCE®	Helsinki	12-13 Dec	Initial Training	LES MILLS BARRE™	Helsinki
15-16 Aug	Initial Training	BODYATTACK®	Helsinki	January 2021			
15-16 August	Initial Training	BODYJAM®	Online	09-10 Jan	Initial Training	BODYPUMP®	Helsinki
22-23 August	Initial Training	CXWORX®	Online	09-10 Jan	Initial Training	SH'BAM®	Helsinki
22-23 August	Initial Training	BODYSTEP®	Online	16-17 Jan	Initial Training	LES MILLS TONE™	Helsinki
22-23 August	Initial Training	BODYCOMBAT®	Online	February 2021			
22-23 Aug	Initial Training	SH'BAM®	Helsinki	06-07 Feb	Initial Training	BODYBALANCE®	Helsinki
29-30 August	Initial Training	LES MILLS GRIT®	Online	13-14 Feb	Initial Training	LES MILLS GRIT®	Oulu
29-30 August	Initial Training	SH'BAM®	Online				
29-30 August	Initial Training	BODYATTACK®	Online				
September							
26-27 Sep	Initial Training	BODYCOMBAT®	Helsinki				
26-27 Sep	Initial Training	CXWORX®	Tampere				

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June				January 2021			
06-07 Jun	Initial Training	SH'BAM®	Online	23-24 Jan	Initial Training	BODYPUMP®	Tallinn
06-07 Jun	Advanced Training	BODYATTACK® & BODYCOMBAT®	Tallinn	30-31 Jan	Advanced Training	BODYPUMP®	Tallinn
06-07 Jun	Initial Training	BODYBALANCE®	Online	February 2021			
13-14 Jun	Initial Training	CXWORX®	Online	13-14 Feb	Advanced Training	BODYBALANCE®	Tallinn
13-14 Jun	Initial Training	LES MILLS SPRINT™	Online	March 2021			
13-14 Jun	Initial Training	BODYSTEP®	Online	20-21 Mar	Initial Training	BODYBALANCE®	Tallinn
27-28 Jun	Initial Training	BODYCOMBAT®	Online				
27-28 Jun	Initial Training	LES MILLS GRIT®	Online				
July							
04-05 Jul	Initial Training	BODYATTACK®	Online				
August							
15-16 August	Initial Training	BODYJAM®	Online				
15-16 August	Initial Training	BODYPUMP®	Online				
15-16 August	Initial Training	BODYBALANCE®	Online				
22-23 August	Initial Training	CXWORX®	Online				
22-23 August	Initial Training	BODYSTEP®	Online				
22-23 August	Initial Training	BODYCOMBAT®	Online				
22-23 Aug	Initial Training	BODYPUMP®	Tallinn				
29-30 August	Initial Training	LES MILLS GRIT®	Online				
29-30 August	Initial Training	SH'BAM®	Online				
29-30 August	Initial Training	BODYATTACK®	Online				
September							
26-27 Sep	Initial Training	BODYBALANCE®	Tallinn				
October							
17-18 Oct	Initial Training	BODYATTACK®	Tallinn				
December							
05-06 Dec	Initial Training	BODYCOMBAT®	Tallinn				

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June				29-30 August	Initial Training	BODYATTACK®	Online
06-07 Jun	Initial Training	SH'BAM®	Online	29-30 Aug	Initial Training	LES MILLS SPRINT™	Warsaw
06-07 Jun	Initial Training	BODYBALANCE®	Online	29-30 Aug	Initial Training	RPM®	Warsaw
13-14 Jun	Initial Training	CXWORX®	Online	September			
13-14 Jun	Initial Training	LES MILLS SPRINT™	Online	26-27 Sep	Initial Training	BODYBALANCE®	Bucharest
13-14 Jun	Initial Training	BODYSTEP®	Online	26-27 Sep	Initial Training	BODYATTACK®	Warsaw
27-28 Jun	Initial Training	BODYBALANCE®	Prague	26-27 Sep	Initial Training	LES MILLS GRIT™	Prague
27-28 Jun	Initial Training	BODYCOMBAT®	Online	26-27 Sep	Initial Training	LES MILLS SPRINT™	Bucharest
27-28 Jun	Initial Training	LES MILLS GRIT®	Online	October			
July				03-04 Oct	Initial Training	CXWORX®	Warsaw
04-05 Jul	Initial Training	BODYCOMBAT®	Prague	10-11 Oct	Initial Training	BODYCOMBAT®	Warsaw
04-05 Jul	Initial Training	BODYATTACK®	Online	10-11 Oct	Initial Training	RPM®	Bucharest
11-12 Jul	Initial Training	BODYPUMP®	Prague	10-11 Oct	Initial Training	CXWORX®	Bucharest
August				17-18 Oct	Initial Training	LES MILLS GRIT™	Bucharest
07-08 Aug	Management	GROUP FITNESS MANAGEMENT	Poznan	17-18 Oct	Initial Training	BODYBALANCE®	Prague
08-09 Aug	Initial Training	CXWORX®	Prague	31 Oct-01 Nov	Initial Training	BODYPUMP®	Prague
08-09 Aug	Initial Training	RPM®	Warsaw	November			
15-16 August	Initial Training	BODYJAM®	Online	07-08 Nov	Initial Training	LES MILLS GRIT™	Warsaw
15-16 August	Initial Training	BODYPUMP®	Online	07-08 Nov	Initial Training	BODYCOMBAT®	Prague
15-16 August	Initial Training	BODYBALANCE®	Online	14-15 Nov	Initial Training	BODYPUMP®	Warsaw
15-16 Aug	Initial Training	BODYPUMP®	Warsaw	December			
22-23 Aug	Initial Training	BODYJAM®	Warsaw	12-13 Dec	Initial Training	BODYBALANCE®	Warsaw
22-23 Aug	Initial Training	BODYCOMBAT®	Bucharest	12-13 Dec	Initial Training	BODYPUMP®	Bucharest
22-23 August	Initial Training	CXWORX®	Online	January 2021			
22-23 August	Initial Training	BODYSTEP®	Online	16-17 Jan	Initial Training	CXWORX®	Prague
22-23 August	Initial Training	BODYCOMBAT®	Online	23-24 Jan	Initial Training	BODYCOMBAT®	Warsaw
22-23 Aug	Initial Training	BODYPUMP®	Tallinn	30-31 Jan	Initial Training	CXWORX®	Warsaw
29-30 August	Initial Training	LES MILLS GRIT®	Online				
29-30 August	Initial Training	SH'BAM®	Online				

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Start Date	Type	Program	Location	Date	Type	Program	Location
June				January 2021			
06-07 Jun	Advanced Training	BODYATTACK® & BODYCOMBAT®	Tallinn	30-31 Jan	Advanced Training	BODYPUMP®	Helsinki
August				February 2021			
22-23 Aug	Advanced Training	BODYFLOW®	Odense	06-07 Feb	Advanced Training	BODYCOMBAT®	Oslo
29-30 Aug	Advanced Training	CXWORX®	Copenhagen	06-07 Feb	Advanced Training	BODYPUMP®	Stockholm
September				13-14 Feb	Advanced Training	BODYBALANCE®	Gothenburg
26-27 Sep	Advanced Training	BODYATTACK® & BODYSTEP®	Helsinki	13-14 Feb	Advanced Training	BODYBALANCE®	Tallinn
26-27 Sep	Advanced Training	BODYJAM® & SH'BAM®	Copenhagen	March 2021			
October				20-21 Mar	Advanced Training	BODYPUMP®	Tallinn
03-04 Oct	Advanced Training	BODYCOMBAT®	Copenhagen	27-28 Mar	Advanced Training	BODYPUMP®	Oslo
10-11 Oct	Advanced Training	CXWORX®	Oslo	27-28 Mar	Advanced Training	LES MILLS SPRINT™	Stockholm
17-18 Oct	Advanced Training	BODYJAM®, SH'BAM®, BARRE™	Helsinki				
17-18 Oct	Advanced Training	BODYATTACK®	Stockholm				
24-25 Oct	Advanced Training	LES MILLS SPRINT™	Stockholm				
31 Oct- 1 Nov	Advanced Training	BODYBALANCE®	Helsinki				
November							
07-08 Nov	Advanced Training	BODYBALANCE®	Stockholm				
07-08 Nov	Advanced Training	BODYPUMP®	Aarhus				
14-15 Nov	Advanced Training	BODYPUMP®	Gothenburg				
December							
05-06 Dec	Advanced Training	BODYJAM® & SH'BAM®	Stockholm				
12-13 Dec	Advanced Training	LES MILLS GRIT®	Gothenburg				
12-13 Dec	Advanced Training	LES MILLS SPRINT™ & RPM®	Stockholm				

