



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?

10-14 days prior the course you will revise your course material including assigned pre-work which includes learning the choreography for one-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
July				October			
04-05 Jul	Initial Training	BODYATTACK®	Stockholm	03-04 Oct	Initial Training	BODYBALANCE®	Stockholm
Aug				08-09 Oct	Management	GROUP FITNESS MANAGEMENT	Stockholm
15-16 Aug	initial Training	BODYPUMP®	Stockholm	10-11 Oct	Initial Training	BODYPUMP®	Gothenburg
15-16 Aug	Initial Training	BODYATTACK®	Gothenburg	17-18 Oct	Advanced Training	BODYATTACK®	Stockholm
15-16 Aug	Initial Training	CXWORX®	Stockholm	17-18 Oct	Initial Training	BODYATTACK®	Stockholm
15-16 Aug	Initial Training	BODYBALANCE®	Gothenburg	17-18 Oct	Initial Training	CXWORX®	Gothenburg
15-16 Aug	Initial Training	BODYJAM®	Online	24-25 Oct	Advanced Training	LES MILLS SPRINT™	Stockholm
15-16 Aug	Initial Training	BODYPUMP®	Online	24-25 Oct	Initial Training	RPM®	Gothenburg
15-16 Aug	Initial Training	BODYBALANCE®	Online	24-25 Oct	Initial Training	LES MILLS GRIT®	Stockholm
22-23 Aug	Initial Training	CXWORX®	Online	31-01 Oct/Nov	Initial Training	BODYPUMP®	Stockholm
22-23 Aug	Initial Training	BODYSTEP®	Online	31-01 Oct/Nov	Initial Training	BODYJAM®	Stockholm
22-23 Aug	Initial Training	BODYCOMBAT®	Online	November			
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	07-08 Nov	Advanced Training	BODYBALANCE®	Gothenburg
22-23 Aug	Initial Training	LES MILLS GRIT®	Gothenburg	07-08 Nov	Initial Training	BODYBALANCE®	Gothenburg
22-23 Aug	Initial Training	BORN TO MOVE®	Gothenburg	07-08 Nov	Initial Training	BODYCOMBAT®	Gothenburg
29-30 Aug	Initial Training	LES MILLS GRIT®	Online	14-15 Nov	Advanced Training	BODYPUMP®	Gothenburg
29-30 Aug	Initial Training	SH'BAM®	Online	14-15 Nov	Initial Training	CXWORX®	Stockholm
29-30 Aug	Initial Training	BODYATTACK®	Online	December			
29-30 Aug	Initial Training	BODYJAM®	Gothenburg	05-06 Dec	Advanced Training	BODYJAM® & SH'BAM®	Stockholm
29-30 Aug	Initial Training	LES MILLS SPRINT™	Gothenburg	05-06 Dec	Initial Training	BODYPUMP®	Gothenburg
29-30 Aug	Initial Training	BODYPUMP®	Gothenburg	05-06 Dec	Initial Training	LES MILLS SPRINT™	Stockholm
September				12-13 Dec	Advanced Training	RPM®	Stockholm
26-27 Sep	Initial Training	BODYPUMP®	Stockholm	12-13 Dec	Advanced Training	LES MILLS GRIT®	Gothenburg
26-27 Sep	Initial Training	BODYCOMBAT®	Stockholm	12-13 Dec	Initial Training	BODYATTACK®	Gothenburg
26-27 Sep	Initial Training	SH'BAM®	Gothenburg	12-13 Dec	Initial Training	LES MILLS TONE™	Gothenburg
26-27 Sep	Initial Training	LES MILLS SPRINT™	Malmö	12-13 Dec	Initial Training	SH'BAM®	Stockholm
				12-13 Dec	Initial Training	BODYSTEP®	Gothenburg
				12-13 Dec	Initial Training	BORN TO MOVE®	Gothenburg

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December				January 2021			
19-20 Dec	Initial Training	BODYBALANCE®	Stockholm	09-10 Jan	Initial Training	RPM®	Stockholm
19-20 Dec	Initial Training	CXWORX®	Gothenburg	09-10 Jan	Initial Training	BODYPUMP®	Gothenburg
19-20 Dec	Initial Training	LES MILLS GRIT®	Gothenburg	09-10 Jan	Initial Training	BORN TO MOVE®	Malmö
19-20 Dec	Initial Training	BODYPUMP®	Stockholm	16-17 Jan	Initial Training	BODYCOMBAT®	Stockholm
				16-17 Jan	Initial Training	CXWORX®	Stockholm
				23-24 Jan	Initial Training	BODYPUMP®	Stockholm
				23-24 Jan	Initial Training	LES MILLS SPRINT™	Gothenburg
				23-24 Jan	Initial Training	LES MILLS BARRE™	Stockholm
				30-31 Jan	Initial Training	BODYBALANCE®	Gothenburg
				30-31 Jan	Initial Training	LES MILLS GRIT®	Stockholm
				30-31 Jan	Initial Training	BODYATTACK®	Stockholm
				February 2021			
				06-07 Feb	Advanced 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
July				December			
04-05 Jul	Initial Training	BODYATTACK®	Online	05-06 Dec	Initial Training	SH'BAM®	Copenhagen
Aug				12-13 Dec	Initial Training	BODYFLOW®	Copenhagen
15-16 Aug	Initial Training	BODYJAM®	Online	January 2021			
15-16 Aug	Initial Training	BODYPUMP®	Online	09-10 Jan	Initial Training	BODYCOMBAT®	Odense
15-16 Aug	Initial Training	BODYFLOW®	Online	23-24 Jan	Initial Training	BODYPUMP®	Naestved
22-23 Aug	Initial Training	CXWORX®	Online	February 2021			
22-23 Aug	Initial Training	BODYSTEP®	Online	06-07 Feb	Initial Training	BODYATTACK®	Copenhagen
22-23 Aug	Initial Training	BODYCOMBAT®	Online	13-14 Feb	Initial Training	BODYSTEP®	Copenhagen
22-23 Aug	Advanced Training	BODYFLOW®	Odense	March 2021			
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	27-28 Mar	Initial Training	BODYFLOW®	Horsens
29-30 Aug	Initial Training	LES MILLS GRIT®	Online				
29-30 Aug	Initial Training	SH'BAM®	Online				
29-30 Aug	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				
October							
03-04 Oct	Advanced Training	BODYCOMBAT®	Copenhagen				
10-11 Oct	Initial Training	BODYPUMP®	Copenhagen				
November							
07-08 Nov	Initial Training	LES MILLS BARRE™	Copenhagen				
07-08 Nov	Initial Training	BODYATTACK®	Aarhus				
07-08 Nov	Advanced Training	BODYPUMP®	Aarhus				
14-15 Nov	Initial Training	BODYJAM®	Copenhagen				

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

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

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Date	Type	Program	City	Date	Type	Program	City
July				January 2021			
04-05 Jul	Initial Training	BODYATTACK®	Online	23-24 Jan	Initial Training	BODYPUMP®	Tallinn
Aug				30-31 Jan	Advanced Training	BODYPUMP®	Tallinn
15-16 Aug	Initial Training	BODYJAM®	Online	February 2021			
15-16 Aug	Initial Training	BODYPUMP®	Online	13-14 Feb	Advanced Training	BODYBALANCE®	Tallinn
15-16 Aug	Initial Training	BODYBALANCE®	Online	March 2021			
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	20-21 Mar	Initial Training	BODYBALANCE®	Tallinn
22-23 Aug	Initial Training	CXWORX®	Online				
22-23 Aug	Initial Training	BODYSTEP®	Online				
22-23 Aug	Initial Training	BODYCOMBAT®	Online				
22-23 Aug	Initial Training	BODYPUMP®	Tallinn				
29-30 Aug	Initial Training	LES MILLS GRIT®	Online				
29-30 Aug	Initial Training	SH'BAM®	Online				
29-30 Aug	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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Start Date	Type	Program	Location	Date	Type	Program	Location
July				October			
04-05 Jul	Initial Training	BODYATTACK®	Online	03-04 Oct	Initial Training	CXWORX®	Warsaw
18-19 Jul	Initial Training	BODYCOMBAT®	Bucharest	10-11 Oct	Initial Training	BODYCOMBAT®	Warsaw
Aug				10-11 Oct	Initial Training	RPM®	Bucharest
07-08 Aug	Management	GROUP FITNESS MANAGEMENT	Poznan	10-11 Oct	Initial Training	CXWORX®	Bucharest
08-09 Aug	Initial Training	CXWORX®	Prague	17-18 Oct	Initial Training	LES MILLS GRIT™	Bucharest
08-09 Aug	Initial Training	RPM®	Warsaw	17-18 Oct	Initial Training	BODYBALANCE®	Prague
15-16 Aug	Initial Training	BODYJAM®	Online	31 Oct-01 Nov	Initial Training	BODYPUMP®	Prague
15-16 Aug	Initial Training	BODYPUMP®	Online	November			
15-16 Aug	Initial Training	BODYBALANCE®	Online	07-08 Nov	Initial Training	LES MILLS GRIT™	Warsaw
15-16 Aug	Initial Training	BODYPUMP®	Warsaw	07-08 Nov	Initial Training	BODYCOMBAT®	Prague
22-23 Aug	Initial Training	LES MILLS BARRE™	Online	14-15 Nov	Initial Training	BODYPUMP®	Warsaw
22-23 Aug	Initial Training	BODYBALANCE®	Warsaw	December			
22-23 Aug	Initial Training	CXWORX®	Online	12-13 Dec	Initial Training	BODYBALANCE®	Warsaw
22-23 Aug	Initial Training	BODYSTEP®	Online	12-13 Dec	Initial Training	BODYPUMP®	Bucharest
22-23 Aug	Initial Training	BODYCOMBAT®	Online	January 2021			
22-23 Aug	Initial Training	BODYPUMP®	Tallinn	16-17 Jan	Initial Training	CXWORX®	Prague
29-30 Aug	Initial Training	LES MILLS GRIT®	Online	23-24 Jan	Initial Training	BODYCOMBAT®	Warsaw
29-30 Aug	Initial Training	SH'BAM®	Online	30-31 Jan	Initial Training	CXWORX®	Warsaw
29-30 Aug	Initial Training	BODYATTACK®	Online				
September							
26-27 Sep	Initial Training	BODYBALANCE®	Bucharest				
26-27 Sep	Initial Training	BODYATTACK®	Warsaw				
26-27 Sep	Initial Training	LES MILLS GRIT™	Prague				
26-27 Sep	Initial Training	LES MILLS SPRINT™	Bucharest				

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Start Date	Type	Program	Location	Date	Type	Program	Location
Aug				January 2021			
22-23 Aug	Advanced Training	BODYFLOW®	Odense	30-31 Jan	Advanced Training	BODYPUMP®	Helsinki
September				February 2021			
26-27 Sep	Advanced Training	BODYATTACK® & BODYSTEP®	Helsinki	06-07 Feb	Advanced Training	BODYCOMBAT®	Oslo
26-27 Sep	Advanced Training	BODYJAM® & SH'BAM®	Copenhagen	06-07 Feb	Advanced Training	BODYPUMP®	Stockholm
26-27 Sep	Advanced Training	CXWORX®	Copenhagen	13-14 Feb	Advanced Training	BODYBALANCE®	Gothenburg
October				13-14 Feb	Advanced Training	BODYBALANCE®	Tallinn
03-04 Oct	Advanced Training	BODYCOMBAT®	Copenhagen	March 2021			
10-11 Oct	Advanced Training	CXWORX®	Oslo	20-21 Mar	Advanced Training	BODYPUMP®	Tallinn
17-18 Oct	Advanced Training	BODYJAM®, SH'BAM®, BARRE™	Helsinki	27-28 Mar	Advanced Training	BODYPUMP®	Oslo
17-18 Oct	Advanced Training	BODYATTACK®	Stockholm	27-28 Mar	Advanced Training	LES MILLS SPRINT™	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				