



INITIAL TRAINING DATES 2020-2021

| SWEDEN | DENMARK | NORWAY | FINLAND | ESTONIA | POLAND | CZECH | ROMANIA | ADVANCED TRAINING | MANAGEMENT |

Initial Training | Two Day | Live & Online Format

The Initial training is a two-day course. It's a mix of lectures, practical workout sessions and teaching practice. You'll learn how to safely and effectively teach the specific Les Mills program. Facilitated by our specialized Trainers you'll have encouraging support through the entire training. You can choose either a two-day live training or a two-day online.

What to prepare for an Initial training?

Attend plenty of workouts in the program you want to teach. You'll receive your training material and assigned prework 10 days prior the start of the training.

What happens after the Initial training?

Once you've acquired the skills needed to PASS the Initial training you'll be allowed to teach classes. Within 60 days of completing the training you'll have to submit an assessment video with you teaching a class. You have to complete your certification within six months from attending the training.

Advanced Training | Two Day | Live & Online Format

The Advanced Training has been designed to help you identify your personal strengths and become grounded in the essence of your program. The course is focused on how to enhance the workout experience for your participant and pack your classes. You can choose either a two-day live training or a two-day online.

What will you learn?

You'll explore why you love to teach, what values and beliefs drive you to take on the stage week after week. Learn how to bring your A-game to each class with the hands-on tools that you will discover in the connection, motivation and education elements. Deepen your understanding for your program, bring out the fun when you teach and pack the room with joy.

Group Fitness Management | Two Day | Live

This course is all about hands-on learning to help you transform the earning power of group fitness. At the two-day Group Fitness Management course you'll learn efficient leadership framework, cutting-edge management tools and how to bulletproof your action plan. All you need to drive growth and increasing retention at your facility.

Who can attend Group Fitness Management?

This course is designed for you who currently work as a Group fitness manager as well as for you who plan to become one.

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

Date	Type	Program	City	Date	Type	Program	City
October				16-17 Jan	Initial Training	BODYATTACK®	Online
03-04 Oct	Initial Training	BODYBALANCE®	Stockholm	16-17 Jan	Initial Training	BODYBALANCE®	Online
10-11 Oct	Initial Training	BODYPUMP®	Gothenburg	16-17 Jan	Initial Training	BODYCOMBAT®	Stockholm
17-18 Oct	Initial Training	BODYATTACK®	Stockholm	16-17 Jan	Initial Training	CXWORX®	Gothenburg
17-18 Oct	Initial Training	CXWORX®	Gothenburg	23-24 Jan	Initial Training	BODYPUMP®	Gothenburg
17-18 Oct	Initial Training	BODYPUMP®	Online	23-24 Jan	Initial Training	LES MILLS SPRINT™	Gothenburg
17-18 Oct	Initial Training	BODYCOMBAT®	Online	23-24 Jan	Initial Training	BODYPUMP®	Online
24-25 Oct	Initial Training	CXWORX®	Online	30-31 Jan	Initial Training	BODYBALANCE®	Stockholm
31-01 Oct/Nov	Initial Training	BODYBALANCE®	Online	30-31 Jan	Initial Training	LES MILLS GRIT™	Stockholm
31-01 Oct/Nov	Initial Training	LES MILLS BARRE™	Gothenburg	February 2021			
November				06-07 Feb	Initial Training	BODYPUMP®	Stockholm
07-08 Nov	Initial Training	BODYCOMBAT®	Gothenburg	06-07 Feb	Initial Training	LES MILLS SPRINT®	Online
07-08 Nov	Initial Training	BODYATTACK®	Online	06-07 Feb	Initial Training	BODYCOMBAT®	Online
07-08 Nov	Initial Training	RPM®	Online	06-07 Feb	Initial Training	LES MILLS TONE®	Online
14-15 Nov	Initial Training	BODYPUMP®	Online	13-14 Feb	Initial Training	RPM®	Online
14-15 Nov	Initial Training	CXWORX®	Stockholm	13-14 Feb	Initial Training	CXWORX®	Online
14-15 Nov	Initial Training	BODYSTEP®	Online	13-14 Feb	Initial Training	LES MILLS SPRINT™	Stockholm
December				13-14 Feb	Initial Training	CXWORX®	Stockholm
05-06 Dec	Initial Training	BODYPUMP®	Stockholm	March 2021			
12-13 Dec	Initial Training	CXWORX®	Online	20-21 Mar	Initial Training	BODYBALANCE®	Online
12-13 Dec	Initial Training	BODYJAM®	Online	27-28 Mar	Initial Training	BODYPUMP®	Gothenburg
12-13 Dec	initial Training	BODYPUMP®	Online	27-28 Mar	Initial Training	CXWORX®	Gothenburg
12-13 Dec	Initial Training	LES MILLS SPRINT™	Online	27-28 Mar	Initial Training	BODYCOMBAT®	Gothenburg
19-20 Dec	Initial Training	SH'BAM®	Online	01-02 Mar	Initial Training	BODYATTACK®	Online
19-20 Dec	Initial Training	LES MILLS GRIT™	Gothenburg				
19-20 Dec	Initial Training	BODYBALANCE®	Online				
January 2021							
09-10 Jan	Initial Training	BORN TO MOVE®	Malmö				
09-10 Jan	Initial Training	LES MILLS BARRE®	Online				

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

Date	Type	Program	City	Date	Type	Program	City
October				January 2021			
17-18 Oct	Initial Training	BODYPUMP®	Online	09-10 Jan	Initial Training	LES MILLS BARRE®	Online
17-18 Oct	Initial Training	BODYCOMBAT®	Online	16-17 Jan	Initial Training	BODYATTACK®	Online
17-18 Oct	Initial Training	BODYCOMBAT®	Aarhus	16-17 Jan	Initial Training	BODYBALANCE®	Online
24-25 Oct	Initial Training	CXWORX®	Online	23-24 Jan	Initial Training	BODYPUMP®	Online
24-25 Oct	Initial Training	BODYPUMP®	Oslo	February 2021			
31-01 Oct/Nov	initial Training	BODYBALANCE®/BODYFLOW®	Online	06-07 Feb	Initial Training	LES MILLS SPRINT®	Online
November				06-07 Feb	Initial Training	BODYCOMBAT®	Online
07-08 Nov	Initial Training	BODYATTACK®	Online	06-07 Feb	Initial Training	LES MILLS TONE®	Online
07-08 Nov	Initial Training	BODYATTACK®	Aarhus	13-14 Feb	Initial Training	RPM®	Online
07-08 Nov	Initial Training	RPM®	Online	13-14 Feb	Initial Training	CXWORX®	Online
14-15 Nov	Initial Training	BODYPUMP®	Online	March 2021			
14-15 Nov	Initial Training	BODYSTEP®	Online	20-21 Mar	Initial Training	BODYBALANCE®/BODYFLOW®	Online
December				27-28 Mar	Initial Training	BODYPUMP®	Online
12-13 Dec	Initial Training	CXWORX®	Online				
12-13 Dec	Initial Training	BODYJAM®	Online				
12-13 Dec	initial Training	BODYPUMP®	Online				
12-13 Dec	Initial Training	LES MILLS SPRINT™	Online				
19-20 Dec	Initial Training	SH'BAM®	Online				
19-20 Dec	Initial Training	BODYBALANCE®/BODYFLOW®	Online				

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

Date	Type	Program	City	Date	Type	Program	City
October				January 2021			
17-18 Oct	Initial Training	BODYPUMP®	Online	09-10 Jan	Initial Training	BODYPUMP®	Helsinki
17-18 Oct	Initial Training	BODYCOMBAT®	Online	09-10 Jan	Initial Training	LES MILLS BARRE®	Online
24-25 Oct	Initial Training	CXWORX®	Online	16-17 Jan	Initial Training	BODYATTACK®	Online
31-01 Oct/Nov	initial Training	BODYBALANCE®	Online	16-17 Jan	Initial Training	BODYBALANCE®	Online
31-01 Oct/Nov	Initial Training	LES MILLS GRIT®	Online	23-24 Jan	Initial Training	BODYPUMP®	Online
November				February 2021			
07-08 Nov	Initial Training	BODYPUMP®	Helsinki	06-07 Feb	Initial Training	BODYBALANCE®	Helsinki
07-08 Nov	Initial Training	BODYBALANCE®	Oulu	06-07 Feb	Initial Training	LES MILLS SPRINT®	Online
07-08 Nov	Initial Training	BODYATTACK®	Online	06-07 Feb	Initial Training	BODYCOMBAT®	Online
07-08 Nov	Initial Training	RPM®	Online	06-07 Feb	Initial Training	LES MILLS TONE®	Online
14-15 Nov	Initial Training	BODYSTEP®	Online	13-14 Feb	Initial Training	RPM®	Online
14-15 Nov	Initial Training	BODYPUMP®	Online	13-14 Feb	Initial Training	CXWORX®	Online
December				March 2021			
12-13 Dec	Initial Training	BODYCOMBAT®	Tampere	20-21 Mar	Initial Training	BODYPUMP®	Tampere
12-13 Dec	Initial Training	CXWORX®	Online	20-21 Mar	Initial Training	BODYCOMBAT®	Helsinki
12-13 Dec	Initial Training	BODYJAM®	Online	20-21 Mar	Initial Training	BODYBALANCE®	Online
12-13 Dec	initial Training	BODYPUMP®	Online	27-28 Mar	Initial Training	BODYPUMP®	Online
12-13 Dec	Initial Training	LES MILLS SPRINT™	Online				
19-20 Dec	Initial Training	SH'BAM®	Online				
19-20 Dec	Initial Training	BODYBALANCE®	Online				

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

Date	Type	Program	Location	Date	Type	Program	Location
October				January 2021			
10-11 Oct	Initial Training	BODYCOMBAT®	Warsaw	09-10 Jan	Initial Training	LES MILLS BARRE®	Online
17-18 Oct	Initial Training	BODYCOMBAT®	Online	16-17 Jan	Initial Training	BODYATTACK®	Online
17-18 Oct	Initial Training	BODYBALANCE®	Bratislava	16-17 Jan	Initial Training	BODYBALANCE®	Online
17-18 Oct	Initial Training	BODYPUMP®	Online	16-17 Jan	Initial Training	CXWORX®	Prague
24-25 Oct	Initial Training	CXWORX®	Online	23-24 Jan	Initial Training	BODYPUMP®	Online
31-01 Oct/Nov	Initial Training	BODYBALANCE®	Online	February 2021			
31-01 Oct/Nov	Initial Training	BODYPUMP®	Prague	06-07 Feb	Initial Training	LES MILLS SPRINT®	Online
November				06-07 Feb	Initial Training	BODYCOMBAT®	Online
07-08 Nov	Initial Training	BODYATTACK®	Online	06-07 Feb	Initial Training	LES MILLS TONE®	Online
07-08 Nov	Initial Training	RPM®	Online	13-14 Feb	Initial Training	RPM®	Online
07-08 Nov	Initial Training	BODYPUMP®	Bratislava	13-14 Feb	Initial Training	CXWORX®	Online
14-15 Nov	Initial Training	BODYPUMP®	Warsaw	13-14 Feb	Initial Training	BODYPUMP®	Warsaw
14-15 Nov	Initial Training	BODYSTEP®	Online	March 2021			
14-15 Nov	Initial Training	BODYPUMP®	Online	20-21 Mar	Initial Training	BODYBALANCE®	Online
December				27-28 Mar	Initial Training	BODYPUMP®	Online
12-13 Dec	Initial Training	BODYBALANCE®	Warsaw	27-28 Mar	Initial Training	BODYPUMP®	Prague
12-13 Dec	Initial Training	BODYPUMP®	Bucharest				
12-13 Dec	Initial Training	CXWORX®	Online				
12-13 Dec	Initial Training	BODYJAM®	Online				
12-13 Dec	initial Training	BODYPUMP®	Online				
12-13 Dec	Initial Training	LES MILLS SPRINT™	Online				
19-20 Dec	Initial Training	SH'BAM®	Online				
19-20 Dec	Initial Training	BODYBALANCE®	Online				



ADVANCED TRAINING DATES 2020-2021

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

Date	Type	Program	Location	Date	Type	Program	Location
October				October			
03-04 Oct	Advanced Training	LES MILLS GRIT®	Online	08-09 Oct	Management	Group Fitness Management	Stockholm
10-11 Oct	Advanced Training	BODYPUMP®	Online	December			
31 Oct -01 Nov	Advanced Training	BODYCOMBAT®	Online	04-05 Dec	Management	Group Fitness Management	Poznan
November							
07-08 Nov	Advanced Training	CXWORX®	Online				
December							
05-06 Dec	Advanced Training	BODYJAM®, SH'BAM®, BARRE™	Stockholm				
05-06 Dec	Advanced Training	BODYPUMP® & CXWORX®	Gothenburg				
January 2021							
16-17 Jan	Advanced Training	BODYPUMP®	Online				
23-24 Jan	Advanced Training	BODYBALANCE®/BODYFLOW®	Online				
February 2021							
06-07 Feb	Advanced Training	BODYPUMP®	Stockholm				
06-07 Feb	Advanced Training	CXWORX®	Warsaw				
March 2021							
27-28 Mar	Advanced Training	BODYCOMBAT®	Gothenburg				
27-28 Mar	Advanced Training	LES MILLS SPRINT™ & RPM®	Gothenburg				

LES MILLS™ On Demand

The number one key to success is to attend plenty of Les Mills classes in the program you want to teach. You can attend live classes, virtual or classes available

If you don't have access to live classes

Sign up for a Les Mills On Demand account. Unlimited access to the workouts you love. The perfect way to prepare for your Initial Training.

[SIGN UP](#)



LES MILLS™ SMART TECH

Key number two, you want to make sure you have the correct equipment. Especially if you are attending the online training from home.

If your program requires equipment

You as a Les Mills Instructor get 10% discount on all LES MILLS SMART TECH gear in our webshop. Contact nordic@lesmills.com for discount code.

