

LES MILLS NORDIC
TRAINING DATES

2021



LesMILLS

WHAT'S WHAT?

- *What's Initial Training*
- *What's Advanced Training*
- *What's Group Fitness Management?*

INITIAL TRAINING DATES

- *Sweden*
- *Denmark & Norway*
- *Finland & Estonia*
- *Poland, Czech, Slovakia & Romania*

ADVANCED TRAINING DATES

- *Advanced Training - Become a Fitness Leader*

GROUP FITNESS MANAGEMENT DATES

- *Group Fitness Management - Dialing Up Club Performance*

GOOD TO KNOW

- *How to find Clubs to teach at*
- *How to find Instructors*

CONTACT

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WHAT'S INITIAL TRAINING?

- Initial training is a mix of lectures, practical workout sessions and teaching practice.
- You'll learn how to safely and effectively teach the specific Les Mills program.
- You can choose either a 2-day live training or a 2-day online training.
- Attend plenty of workouts in the program you want to teach to prepare for the Initial training.

WHAT'S ADVANCED TRAINING?

- Advanced Training is designed to identify your personal strengths and become grounded in the essence of your program.
- It's focused on how to enhance the workout experience for your participant and pack your classes.
- You'll explore why you love to teach, what values and beliefs drive you to take on the stage week after week.
- You'll learn hands-on tools in the connection, motivation and education elements.
- You can choose either a 2-day live training or a 2-day online training.

WHAT'S GROUP FITNESS MANAGEMENT?

- GFM is a course designed for you who currently work as a Group Fitness Manager as well as for you who plan to become one.

You'll learn efficient leadership framework, cutting-edge management tools and how to bulletproof your action plan.

- You'll learn how to manage group fitness to drive growth and increasing retention at your facility.
- You can attend the 2-day course either live or via a digital classroom.

LES MILLS NORDIC
INITIAL TRAINING

2021



LesMILLS

SWEDEN

JANUARY

09-10 Jan	BORN TO MOVE®	Online/Swedish
09-10 Jan	LES MILLS GRIT®	Online
09-10 Jan	SH'BAM®	Online
09-10 Jan	LES MILLS BARRE™	Online
09-10 Jan	CXWORX®	Online
16-17 Jan	BODYATTACK®	Online
16-17 Jan	BODYBALANCE®	Online
16-17 Jan	BODYCOMBAT®	Online/Swedish
16-17 Jan	CXWORX®	Online/Swedish
16-17 Jan	BODYPUMP®	Online
23-24 Jan	BODYPUMP®	Online/Swedish
23-24 Jan	BODYPUMP®	Online
23-24 Jan	LES MILLS SPRINT™	Online/Swedish
30-31 Jan	BODYBALANCE®	Online/Swedish

FEBRUARY

06-07 Feb	BODYPUMP®	Stockholm
06-07 Feb	LES MILLS SPRINT™	Online
06-07 Feb	BODYCOMBAT®	Online
06-07 Feb	LES MILLS TONE®	Online
13-14 Feb	RPM®	Online
13-14 Feb	CXWORX®	Online
13-14 Feb	LES MILLS SPRINT™	Stockholm
13-14 Feb	CXWORX®	Stockholm
13-14 Feb	BODYPUMP®	Online
13-14 Feb	LES MILLS GRIT®	Online
20-21 Feb	BODYATTACK®	Gothenburg

MARCH

20-21 Mar	BODYBALANCE®	Online
20-21 Mar	SH'BAM®	Online
20-21 Mar	BODYSTEP®	Online
20-21 Mar	CXWORX®	Online
20-21 Mar	BODYPUMP®	Gothenburg
27-28 Mar	BODYATTACK®	Online
27-28 Mar	CXWORX®	Gothenburg
27-28 Mar	BODYCOMBAT®	Gothenburg
27-28 Mar	BODYPUMP®	Online

APRIL

10-11 Apr	LES MILLS GRIT®	Online
10-11 Apr	BODYCOMBAT®	Online
17-18 Apr	BODYJAM®	Online
17-18 Apr	BODYPUMP®	Online
24-25 Apr	LES MILLS SPRINT™	Online

MAY

01-02 May	BODYBALANCE®	Online
01-02 May	CXWORX®	Online
08-09 May	RPM®	Online
08-09 May	LES MILLS TONE™	Online
15-16 May	BODYPUMP®	Online

JUNE

12-13 Jun	BODYSTEP®	Online
12-13 Jun	BODYPUMP®	Online
12-13 Jun	LES MILLS BARRE™	Online
19-20 Jun	SH'BAM®	Online
19-20 Jun	BODYATTACK®	Online
19-20 Jun	BODYCOMBAT®	Online

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DENMARK | NORWAY

JANUARY

09-10 Jan	LES MILLS GRIT®	Online
09-10 Jan	LES MILLS BARRE™	Online
09-10 Jan	SH'BAM®	Online
09-10 Jan	CXWORX®	Online
16-17 Jan	BODYATTACK®	Online
16-17 Jan	BODYBALANCE®	Online
16-17 Jan	BODYPUMP®	Online
23-24 Jan	BODYPUMP®	Online

FEBRUARY

06-07 Feb I	LES MILLS SPRINT™	Online
06-07 Feb	BODYCOMBAT®	Online
06-07 Feb	LES MILLS TONE®	Online
13-14 Feb	RPM®	Online
13-14 Feb	CXWORX®	Online
13-14 Feb	BODYPUMP®	Online
13-14 Feb	BODYPUMP®	Vejle
13-14 Feb	LES MILLS GRIT®	Online

MARCH

13-14 Mar	BODYCOMBAT®	Copenhagen
20-21 Mar	BODYBALANCE®/BODYFLOW®	Online
20-21 Mar	SH'BAM®	Online
20-21 Mar	BODYSTEP®	Online
20-21 Mar	CXWORX®	Online
27-28 Mar	BODYATTACK®	Online
27-28 Mar	BODYPUMP®	Online

APRIL

10-11 Apr	LES MILLS GRIT®	Online
10-11 Apr	BODYCOMBAT®	Online
17-18 Apr	BODYJAM®	Online
17-18 Apr	BODYPUMP®	Online
24-25 Apr	LES MILLS SPRINT™	Online

MAY

01-02 May	BODYBALANCE®	Online
01-02 May	CXWORX®	Online
08-09 May	RPM®	Online
08-09 May	LES MILLS TONE™	Online
15-16 May	BODYPUMP®	Online

JUNE

12-13 Jun	BODYSTEP®	Online
12-13 Jun	BODYPUMP®	Online
12-13 Jun	LES MILLS BARRE™	Online
19-20 Jun	SH'BAM®	Online
19-20 Jun	BODYATTACK®	Online
19-20 Jun	BODYCOMBAT®	Online

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FINLAND | ESTONIA

JANUARY

09-10 Jan	LES MILLS GRIT®	Online
09-10 Jan	BODYPUMP®	Online/Finnish
09-10 Jan	LES MILLS BARRE™	Online
09-10 Jan	SH'BAM®	Online
09-10 Jan	CXWORX®	Online
09-10 Jan	BODYPUMP®	Online
16-17 Jan	BODYATTACK®	Online
16-17 Jan	BODYBALANCE®	Online
16-17 Jan	BODYPUMP®	Online
23-24 Jan	BODYPUMP®	Online

FEBRUARY

06-07 Feb	BODYBALANCE®	Helsinki
06-07 Feb	LES MILLS SPRINT™	Online
06-07 Feb	BODYCOMBAT®	Online
06-07 Feb	LES MILLS TONE™	Online
13-14 Feb	RPM®	Online
13-14 Feb	CXWORX®	Online
13-14 Feb	BODYPUMP®	Online
13-14 Feb	LES MILLS GRIT®	Online

MARCH

20-21 Mar	BODYPUMP®	Tampere
20-21 Mar	BODYCOMBAT®	Helsinki
20-21 Mar	BODYBALANCE®	Online
20-21 Mar	SH'BAM®	Online
20-21 Mar	BODYSTEP®	Online
20-21 Mar	CXWORX®	Online
27-28 Mar	BODYATTACK®	Online
27-28 Mar	BODYPUMP®	Online

APRIL

10-11 Apr	LES MILLS GRIT®	Online
10-11 Apr	BODYCOMBAT®	Online
17-18 Apr	BODYJAM®	Online
17-18 Apr	BODYPUMP®	Online
24-25 Apr	LES MILLS SPRINT™	Online

MAY

01-02 May	BODYBALANCE®	Online
01-02 May	CXWORX®	Online
08-09 May	RPM®	Online
08-09 May	LES MILLS TONE™	Online
15-16 May	BODYPUMP®	Online

JUNE

12-13 Jun	BODYSTEP®	Online
12-13 Jun	BODYPUMP®	Online
12-13 Jun	LES MILLS BARRE™	Online
19-20 Jun	SH'BAM®	Online
19-20 Jun	BODYATTACK®	Online
19-20 Jun	BODYCOMBAT®	Online

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POLAND | CZECH | SLOVAKIA | ROMANIA

JANUARY

09-10 Jan	LES MILLS BARRE™	Online
09-10 Jan	LES MILLS GRIT®	Online
09-10 Jan	SH'BAM®	Online
09-10 Jan	CXWORX®	Online
16-17 Jan	BODYATTACK®	Online
16-17 Jan	BODYBALANCE®	Online
16-17 Jan	BODYPUMP®	Online
23-24 Jan	BODYPUMP®	Online

FEBRUARY

06-07 Feb	LES MILLS SPRINT™	Online
06-07 Feb	BODYCOMBAT®	Online
06-07 Feb	LES MILLS TONE™	Online
13-14 Feb	RPM®	Online
13-14 Feb	CXWORX®	Online
13-14 Feb	BODYPUMP®	Warsaw
13-14 Feb	BODYPUMP®	Online
13-14 Feb	LES MILLS GRIT®	Online

MARCH

13-14 Mar	BODYBALANCE®	Warsaw
20-21 Mar	BODYBALANCE®	Online
20-21 Mar	SH'BAM®	Online
20-21 Mar	BODYSTEP®	Online
20-21 Mar	CXWORX®	Online
20-21 Mar	BODYATTACK®	Prague
27-28 Mar	BODYATTACK®	Online
27-28 Mar	BODYPUMP®	Online
27-28 Mar	BODYPUMP®	Prague

APRIL

10-11 Apr	LES MILLS GRIT®	Online
10-11 Apr	BODYCOMBAT®	Online
17-18 Apr	BODYJAM®	Online
17-18 Apr	BODYPUMP®	Online
24-25 Apr	LES MILLS SPRINT™	Online

MAY

01-02 May	BODYBALANCE®	Online
01-02 May	CXWORX®	Online
08-09 May	RPM®	Online
08-09 May	LES MILLS TONE™	Online
15-16 May	BODYPUMP®	Online

JUNE

12-13 Jun	BODYSTEP®	Online
12-13 Jun	BODYPUMP®	Online
12-13 Jun	LES MILLS BARRE™	Online
19-20 Jun	SH'BAM®	Online
19-20 Jun	BODYATTACK®	Online
19-20 Jun	BODYCOMBAT®	Online

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LES MILLS NORDIC
ADVANCED TRAINING
2021



LES MILLS

ADVANCED TRAINING

ADVANCED TRAINING - BECOME A FITNESS LEADER

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 will explore:

- Why you love to teach
- What core values drive you as a leader
- How to draw strength from empowering beliefs
- How to improve your connection with your participants
- How to improve your motivational skills
- How to improve your educational and coaching skills

You will learn hands-on tools that you can put into practice straight away as well as set long term goals.

You will deepen your understanding for your program and how to bring out the fun when you teach and pack the room with joy.

JANUARY

23-24 Jan BODYBALANCE® & BODYCOMBAT® Online

FEBRUARY

06-07 Feb BODYPUMP® Stockholm
06-07 Feb BODYPUMP® & CXWORX® Online

MARCH

13-14 Mar BODYATTACK® & BODYSTEP® Online
27-28 Mar BODYCOMBAT® Helsinki
27-28 Mar LES MILLS SPRINT™ & RPM® Gothenburg
27-28 Mar BODYPUMP® & CXWORX® Gothenburg
27-28 Mar BODYJAM®, SH'BAM® & LES MILLS BARRE™ Stockholm

APRIL

23-24 Apr BODYPUMP® Aarhus

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LES MILLS NORDIC
GROUP FITNESS MANAGEMENT
2021



LES MILLS

GROUP FITNESS MANAGEMENT

GROUP FITNESS MANAGEMENT - DIALING UP CLUB PERFORMANCE

The Group Fitness Management course provides you with essential insights that enable you to shift your clubs performance.

We provide you with successful tools which have been tried and tested, helping clubs to become the most profitable clubs around the world.

The education course is delivered live or through an online classroom that is run over two days.

The course covers the following 8 tools of of Group Fitness Management:

- Create a scoreboard
- Recruit winning players
- Motivate your team
- Develop a great training program
- Play your 'A' team
- Build a great stadium
- Promote your game
- Design a winning game plan.

Contact lmn.cx@lesmills.com for registration, for prices [click here](#).

JANUARY

21-22 Jan
28-29 Jan

Stockholm/Digital Classroom
Digital Classroom

Swedish
English

FEBRUARY

04-05 Feb

Helsinki

Finnish

MARCH

05-06 Mar
25-26 Mar

Poznan
Digital Classroom

Polish
English

APRIL

22-23 Apr
22-23 Apr

Stockholm/Digital Classroom
Copenhagen

Swedish
Danish

MAY

27-28 May

Digital Classroom

English

AUGUST

06-07 Aug

Poznan

Polish

GOOD TO KNOW

I'M AVAILABLE TO TEACH

Are you looking for a club to teach your Les Mills classes at?

Activate the I'M AVAILABLE TO TEACH function on your account in the Instructor Portal. This will make it easier for clubs who are looking for instructors in your specific program/s to find you.

- Logg in to the Instructor Portal [here](#)
- Go to ACCOUNT (top menu to the right)
- ACCOUNT SETTINGS
- Tick the "I'M AVAILABLE TO TEACH" box
- Scroll down the page and SAVE.

HOW TO FIND CLUBS THAT ARE HIRING

How can you see what facilities are hiring instructors?

- Logg in to the Instructor Portal [here](#)
- Click on the Your Facilities tab (top menu)
- Scroll down the page and look for the Now Hiring flags!

We recommend reaching out to clubs that you'd like to instruct at by clicking the link that is available on the Facilities map.

WE'RE HIRING

Are you looking for new instructors to teach at your club?

Activate the WE'RE HIRING function on your account in the Club Portal. This will make it easier for instructors who are looking for clubs to teach at to find you through the Instructor Portal.

- Log In to the Club Portal [here](#)
- Go to PROGRAMS
- Tick the "WE'RE HIRING" box for the specifik program that you need instructors in.

FIND AVAILABLE INSTRUCTORS

- Log In to the Club Portal [here](#)
- Go to People
- Find an instructor.

The list shows all Instructors that have put themselves as "Available to teach" in their own Instructor portal.

You can filter by programs or radius to see if the list shows more/less.

To contact Instructor, click on Get in Touch. You can then write a personal message that is sent directly to the Instructor.

CONTACT

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