

LES MILLS NORDIC TRAINING DATES

2021



LES MILLS

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

Les Mills Nordic

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+46 (8) 556 096 90

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

APRIL

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

MAY

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

JUNE

05-06 Jun	LES MILLS GRIT®	Online
05-06 Jun	LES MILLS CORE™	Online
05-06 Jun	LES MILLS SPRINT™	Online
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

JULY

03-04 Jul	BODYBALANCE®/BODYFLOW®	Online
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AUGUST

14-15 Aug	LES MILLS SPRINT™	Online
14-15 Aug	LES MILLS GRIT®	Online
21-22 Aug	BODYPUMP®	Online/Swedish
28-29 Aug	BODYJAM®	Online
28-29 Aug	BODYCOMBAT®	Online
28-29 Aug	BODYBALANCE®/BODYFLOW®	Online

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DENMARK | NORWAY

APRIL

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

MAY

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

JUNE

05-06 Jun	LES MILLS GRIT®	Online
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12-13 Jun	BODYSTEP®	Online
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12-13 Jun	LES MILLS BARRE™	Online
19-20 Jun	SH'BAM®	Online
19-20 Jun	BODYATTACK®	Online
19-20 Jun	BODYCOMBAT®	Online

JULY

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28-29 Aug	BODYCOMBAT®	Online
28-29 Aug	BODYBALANCE®/BODYFLOW®	Online

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FINLAND | ESTONIA

APRIL

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

MAY

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

JUNE

05-06 Jun	LES MILLS GRIT®	Online
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05-06 Jun	LES MILLS SPRINT™	Online
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
19-20 Jun	BODYPUMP®	Online/Finnish

JULY

03-04 Jul	BODYBALANCE®/BODYFLOW®	Online
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AUGUST

07-08 Aug	BODYBALANCE®	Online/Finnish
14-15 Aug	LES MILLS SPRINT™	Online
14-15 Aug	LES MILLS GRIT®	Online
21-22 Aug	BODYPUMP®	Online/Swedish
28-29 Aug	LES MILLS CORE™	Online/Finnish
28-29 Aug	BODYJAM®	Online
28-29 Aug	BODYCOMBAT®	Online
28-29 Aug	BODYBALANCE®/BODYFLOW®	Online

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POLAND | CZECH | SLOVAKIA | ROMANIA

APRIL

10-11 Apr	LES MILLS GRIT®	Online
10-11 Apr	LES MILLS CORE™	Online
10-11 Apr	BODYCOMBAT®	Online
17-18 Apr	BODYJAM®	Online
17-18 Apr	BODYPUMP®	Online
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JULY

03-04 Jul	BODYBALANCE®/BODYFLOW®	Online
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AUGUST

14-15 Aug	LES MILLS SPRINT™	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 practise 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.

JUNE

12-13 Jun BODYPUMP® - LES MILLS CORE™
Online/Swedish

12-13 Jun BODYPUMP® - LES MILLS GRIT® - BODYCOMBAT®
Online/English

OCTOBER

16-17 Oct BODYBALANCE® - BODYFLOE® BODYPUMP®
Online/English

23-24 Oct BODYPUMP® - LES MILLS CORE™ - BODYATTACK®
Online/English

30-31 Oct BODYPUMP® - BODYBALANCE® - BODYSTEP®
Online/Finnish

NOVEMBER

06-07 Nov BODYJAM® - SH'BAM® - LES MILLS BARRE™
Online/English

13-14 Nov BODYATTACK® - BODYSTEP®
Online/English

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LES MILLS NORDIC GROUP FITNESS MANAGEMENT 2021



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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.cxm@lesmills.com for registration, for prices [click here](#).

APRIL

22-23 Apr Stockholm/Digital Classroom Swedish

MAY

27-28 May Digital Classroom English

AUGUST

06-07 Aug Poznan Polish

SEPTEMBER

09-10 Sep Stockholm/Digital Classroom Swedish

16-17 Sep Digital Classroom English

NOVEMBER

04-05 Nov Helsinki Finnish

11-12 Nov Copenhagen Danish

DECEMBER

02-03 Dec Stockholm/Digital Classroom Swedish

03-04 Dec 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.

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