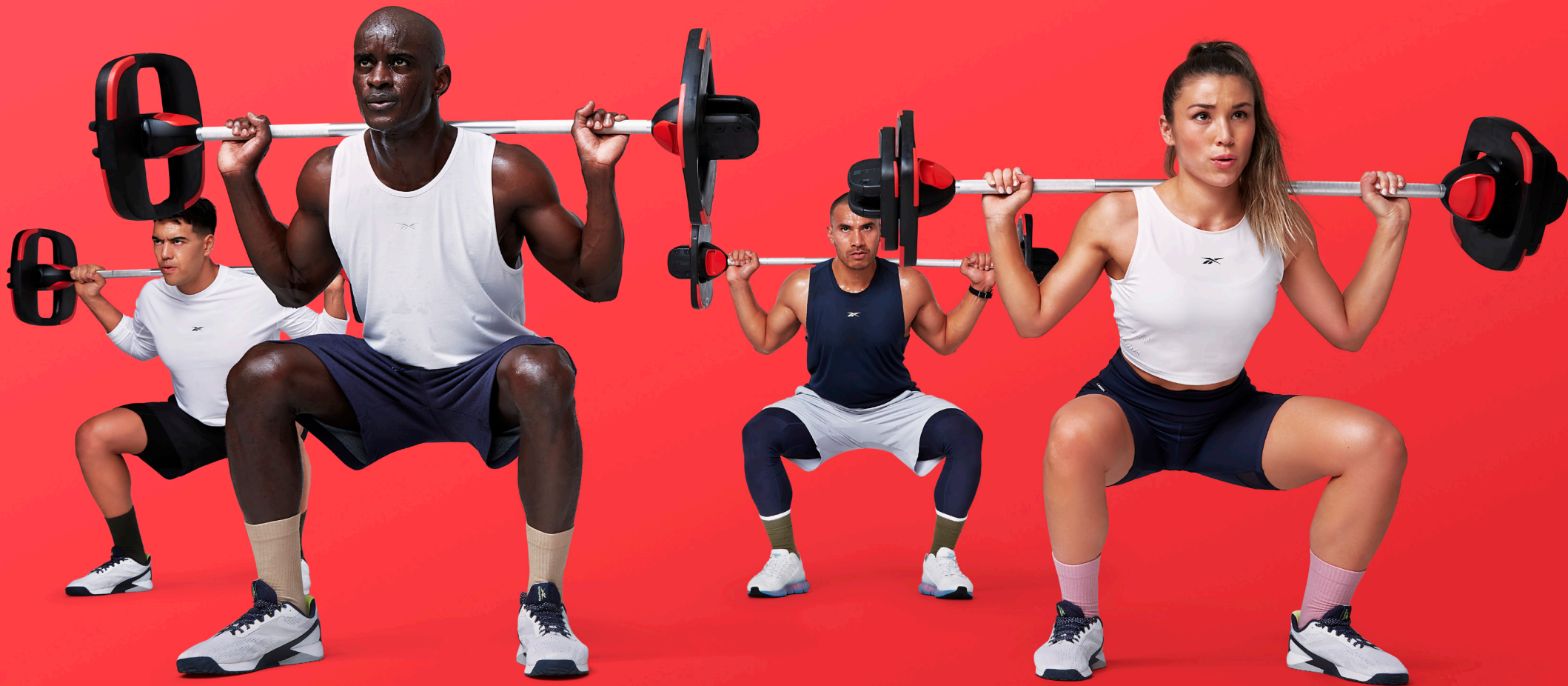


# TRAINING DATES

LES MILLS NORDIC | 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**

- Group Fitness Management - Take your Club performance to the next level

### **Good to know**

- How to find clubs to teach at
- How to find Instructors

## **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.



# INITIAL TRAINING

LES MILLS NORDIC | 2021



**LES MILLS**

# SWEDEN

## AUGUST

07-08 Aug	BODYPUMP®	Online
07-08 Aug	LES MILLS CORE™	Online
14-15 Aug	BODYATTACK®	Online
14-15 Aug	LES MILLS SPRINT™	Online
14-15 Aug	LES MILLS GRIT®	Online
21-22 Aug	BODYPUMP®	Online/Swedish
21-22 Aug	RPM®	Online
21-22 Aug	BODYATTACK®	Online
21-22 Aug	BODYPUMP®	Online
21-22 Aug	LES MILLS CORE™	Online
28-29 Aug	BODYJAM®	Online
28-29 Aug	BODYCOMBAT®	Online
28-29 Aug	BORN TO MOVE®	Online
28-29 Aug	BODYBALANCE®	Online
28-29 Aug	LES MILLS TONE™	Online

## SEPTEMBER

04-05 Sep	SH'BAM®	Online
04-05 Sep	BODYPUMP®	Gothenburg
04-05 Sep	THE TRIP™ LIVE	Online/Swedish
11-12 Sep	BODYSTEP®	Online
18-19 Sep	BODYPUMP®	Online
18-19 Sep	BODYBALANCE®	Gothenburg
25-26 Sep	LES MILLS CORE™	Online
25-26 Sep	LES MILLS BARRE™	Online
25-26 Sep	BODYBALANCE®	Stockholm

## OCTOBER

02-03 Oct	LES MILLS GRIT®	Online
02-03 Oct	BODYBALANCE®	Online
09-10 Oct	BODYCOMBAT®	Online
09-10 Oct	BODYPUMP®	Stockholm

09-10 Oct	THE TRIP™ LIVE	Stockholm
16-17 Oct	LES MILLS SPRINT™	Online
16-17 Oct	LES MILLS CORE™	Gothenburg

## OCTOBER

16-17 Oct	SH'BAM®	Gothenburg
23-24 Oct	LES MILLS CORE™	Stockholm
23-24 Oct	BODYPUMP®	Online
30-31 Oct	BODYJAM®	Online
30-31 Oct	LES MILLS GRIT®	Live/Stockholm
30-31 Oct	LES MILLS SPRINT™	Live/Gothenburg

## NOVEMBER

06-07 Nov	BODYATTACK®	Online
06-07 Nov	RPM®	Online
13-14 Nov	LES MILLS CORE™	Online
13-14 Nov	LES MILLS GRIT®	Gothenburg
20-21 Nov	BODYPUMP®	Online
20-21 Nov	SH'BAM®	Online
27-28 Nov	LES MILLS BARRE™	Online

## DECEMBER

04-05 Dec	BODYBALANCE®	Online
04-05 Dec	BODYSTEP®	Online
11-12 Dec	LES MILLS GRIT™	Online
11-12 Dec	LES MILLS TONE™	Online
11-12 Dec	BODYCOMBAT®	Online
18-19 Dec	BODYPUMP®	Online
18-19 Dec	LES MILLS CORE™	Online
18-19 Dec	LES MILLS SPRINT™	Online
18-19 Dec	BODYPUMP®	Online

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# DENMARK | NORWAY

## AUGUST

07-08 Aug	BODYPUMP®	Online
07-08 Aug	LES MILLS CORE™	Online
14-15 Aug	BODYATTACK®	Online
14-15 Aug	LES MILLS SPRINT™	Online
14-15 Aug	LES MILLS GRIT®	Online
21-22 Aug	RPM®	Online
21-22 Aug	BODYATTACK®	Online
21-22 Aug	BODYPUMP®	Online
21-22 Aug	LES MILLS CORE™	Online
28-29 Aug	BODYJAM®	Online
28-29 Aug	BODYCOMBAT®	Online
28-29 Aug	BORN TO MOVE®	Online
28-29 Aug	BODYBALANCE®/BODYFLOW®	Online
28-29 Aug	LES MILLS TONE™	Online

## SEPTEMBER

04-05 Sep	SH'BAM®	Online
04-05 Sep	THE TRIP™ LIVE	Online/Swedish
11-12 Sep	BODYSTEP®	Online
18-19 Sep	BODYPUMP®	Online
25-26 Sep	LES MILLS CORE™	Online
25-26 Sep	LES MILLS BARRE™	Online

## OCTOBER

02-03 Oct	LES MILLS GRIT®	Online
02-03 Oct	BODYBALANCE®/BODYFLOW®	Online
09-10 Oct	BODYCOMBAT®	Online
16-17 Oct	LES MILLS SPRINT™	Online
23-24 Oct	BODYPUMP®	Online
30-31 Oct	BODYJAM®	Online

## NOVEMBER

06-07 Nov	BODYATTACK®	Online
06-07 Nov	RPM®	Online
13-14 Nov	LES MILLS CORE™	Online
20-21 Nov	BODYPUMP®	Online
20-21 Nov	SH'BAM®	Online
27-28 Nov	LES MILLS BARRE™	Online

## DECEMBER

04-05 Dec	BODYBALANCE®/BODYFLOW®	Online
04-05 Dec	BODYSTEP®	Online
11-12 Dec	LES MILLS GRIT™	Online
11-12 Dec	LES MILLS TONE™	Online
11-12 Dec	BODYCOMBAT®	Online
18-19 Dec	BODYPUMP®	Online
18-19 Dec	LES MILLS CORE™	Online
18-19 Dec	LES MILLS SPRINT™	Online
18-19 Dec	BODYPUMP®	Online

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# FINLAND | ESTONIA

## AUGUST

07-08 Aug	BODYPUMP®	Online
07-08 Aug	LES MILLS CORE™	Online
07-08 Aug	BODYPUMP®	Online/Finnish
14-15 Aug	BODYATTACK®	Online
07-08 Aug	BODYBALANCE®	Online/Finnish
14-15 Aug	LES MILLS SPRINT™	Online
14-15 Aug	LES MILLS GRIT®	Online
21-22 Aug	RPM®	Online
21-22 Aug	BODYPUMP®	Online/Swedish
21-22 Aug	BODYATTACK®	Online
21-22 Aug	BODYPUMP®	Online
21-22 Aug	LES MILLS CORE™	Online
28-29 Aug	BODYJAM®	Online
28-29 Aug	BORN TO MOVE®	Online
28-29 Aug	BODYCOMBAT®	Online
28-29 Aug	BODYBALANCE®	Online
28-29 Aug	LES MILLS TONE™	Online

## SEPTEMBER

04-05 Sep	SH'BAM®	Online
04-05 Sep	THE TRIP™ LIVE	Online/Swedish
11-12 Sep	BODYSTEP®	Online
18-19 Sep	BODYPUMP®	Online
25-26 Sep	LES MILLS CORE™	Online
25-26 Sep	LES MILLS BARRE™	Online

## OCTOBER

02-03 Oct	LES MILLS GRIT®	Online
02-03 Oct	BODYBALANCE®	Online
09-10 Oct	BODYCOMBAT®	Online
16-17 Oct	LES MILLS SPRINT™	Online
23-24 Oct	BODYPUMP®	Online

30-31 Oct	BODYJAM®	Online
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## NOVEMBER

06-07 Nov	BODYATTACK®	Online
06-07 Nov	RPM®	Online
13-14 Nov	LES MILLS CORE™	Online
20-21 Nov	BODYPUMP®	Online
20-21 Nov	SH'BAM®	Online
27-28 Nov	LES MILLS BARRE™	Online

## DECEMBER

04-05 Dec	BODYBALANCE®	Online
04-05 Dec	BODYSTEP®	Online
11-12 Dec	LES MILLS GRIT™	Online
11-12 Dec	LES MILLS TONE™	Online
11-12 Dec	BODYCOMBAT®	Online
18-19 Dec	BODYPUMP®	Online
18-19 Dec	LES MILLS CORE™	Online
18-19 Dec	LES MILLS SPRINT™	Online
18-19 Dec	BODYPUMP®	Online

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# POLAND | CZECH | SLOVAKIA | ROMANIA

## AUGUST

07-08 Aug	BODYPUMP®	Online
07-08 Aug	LES MILLS CORE™	Online
14-15 Aug	BODYBALANCE®	Bratislava
14-15 Aug	BODYATTACK®	Online
14-15 Aug	LES MILLS SPRINT™	Online
14-15 Aug	LES MILLS GRIT®	Online
21-22 Aug	RPM®	Online
21-22 Aug	BODYATTACK®	Online
21-22 Aug	BODYPUMP®	Online
21-22 Aug	LES MILLS CORE™	Online
28-29 Aug	BODYPUMP®	Warsaw
28-29 Aug	BODYJAM®	Online
28-29 Aug	BORN TO MOVE®	Online
28-29 Aug	BODYCOMBAT®	Online
28-29 Aug	BODYBALANCE®	Online
28-29 Aug	LES MILLS TONE™	Online

## SEPTEMBER

04-05 Sep	SH'BAM®	Online
11-12 Sep	BODYSTEP®	Online
11-12 Sep	BODYPUMP®	Bucharest
18-19 Sep	BODYCOMBAT®	Warsaw
25-26 Sep	LES MILLS CORE™	Warsaw
18-19 Sep	BODYPUMP®	Online
25-26 Sep	LES MILLS CORE™	Online
25-26 Sep	LES MILLS BARRE™	Online

## OCTOBER

02-03 Oct	BODYBALANCE®	Warsaw
02-03 Oct	LES MILLS GRIT®	Online
02-03 Oct	BODYBALANCE®	Online
09-10 Oct	BODYCOMBAT®	Online

16-17 Oct	LES MILLS SPRINT™	Online
23-24 Oct	BODYPUMP®	Online
30-31 Oct	BODYJAM®	Online

## NOVEMBER

06-07 Nov	BODYATTACK®	Online
06-07 Nov	RPM®	Online
13-14 Nov	LES MILLS CORE™	Online
20-21 Nov	BODYPUMP®	Online
20-21 Nov	SH'BAM®	Online
27-28 Nov	LES MILLS BARRE™	Online

## DECEMBER

04-05 Dec	BODYBALANCE®	Online
04-05 Dec	BODYSTEP®	Online
11-12 Dec	LES MILLS GRIT™	Online
11-12 Dec	LES MILLS TONE™	Online
11-12 Dec	BODYCOMBAT®	Online
18-19 Dec	BODYPUMP®	Online
18-19 Dec	LES MILLS CORE™	Online
18-19 Dec	LES MILLS SPRINT™	Online
18-19 Dec	BODYPUMP®	Online

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# ADVANCED TRAINING

LES MILLS NORDIC | 2021



**LesMILLS**

# ADVANCED TRAINING

## Become a Fitness Leader

Advanced Training is designed to help you find your strengths to rock your program as the rock-star you are.

The course helps you to discover why you love to teach and bring fun to the stage that captivates your participants.

### You will explore:

- Your core values as an Instructor and person
- How to draw strength from your empowering beliefs
- New ways to connect with your participants
- Larger than life motivational tools
- How to develop your education and coaching skills.

## SEPTEMBER

04-05 Sep	BODYATTACK®	Online/English
04-05 Sep	BODYSTEP®	Online/English

## OCTOBER

16-17 Oct	BODYBALANCE®/BODYFLOW®	Online/English
16-17 Oct	BODYPUMP®	Online/English
23-24 Oct	BODYPUMP®	Online/English
23-24 Oct	LES MILLS CORE™	Online/English
23-24 Oct	BODYATTACK®	Online/English
30-31 Oct	BODYPUMP®	Online/Finnish
30-31 Oct	BODYBALANCE®	Online/Finnish
30-31 Oct	BODYSTEP®	Online/Finnish

## NOVEMBER

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

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# GROUP FITNESS MANAGEMENT

LES MILLS NORDIC | 2021



**LesMILLS**

# GROUP FITNESS MANAGEMENT

## Next level 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. In the course you will learn how to get the most out of the 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.

## 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

## Registration

To register contact [lmn.cxm@lesmills.com](mailto:lmn.cxm@lesmills.com), for more detailed information and prices [click here](#).

# 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**

Les Mills Nordic  
Biblioteksgatan 29, 114 35 Stockholm  
[nordic@lesmills.com](mailto:nordic@lesmills.com)  
+46 (8) 556 096 90

***LES MILLS***