

# LES MILLS NORDIC - QUARTERLY EVENTS Q3.2021







## **WHAT'S NEW Q3**

### **UNSTOPPABLE - LIVE IS BACK!**

The success of World United, the world's biggest celebration of fitness is back! Unstoppable is a new campaign to celebrate the return of live group fitness classes and help you reconnect with your members.

### **WHEN?**

We want to make sure that the Unstoppable event packs a global punch with thousands of clubs and Instructors around the world hosting their own Unstoppable-themed live and online workouts starting on the 2<sup>nd</sup> of October.

### **WHEN CAN YOU LAUNCH THE Q3 RELEASES?**

The official Nordic launch date for the Unstoppable (Q3) releases is on the **2<sup>nd</sup> of October**.

### **WHO CAN HOST?**

Any Les Mills-licensed facility can host a launch event with their certified Les Mills Instructors for their fitness community.

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## **PUNCHING HIGHLIGHTS**

### **NORDIC & GLOBAL LIVESTREAM EVENTS**

On the 11<sup>th</sup>-12<sup>th</sup> of September Les Mills Nordic and Global will run epic livestream events. These are two separate events, if you want to attend both make sure to sign up for both. Click on each button below to sign up for each event.

**BOOK YOUR NORDIC EVENT**

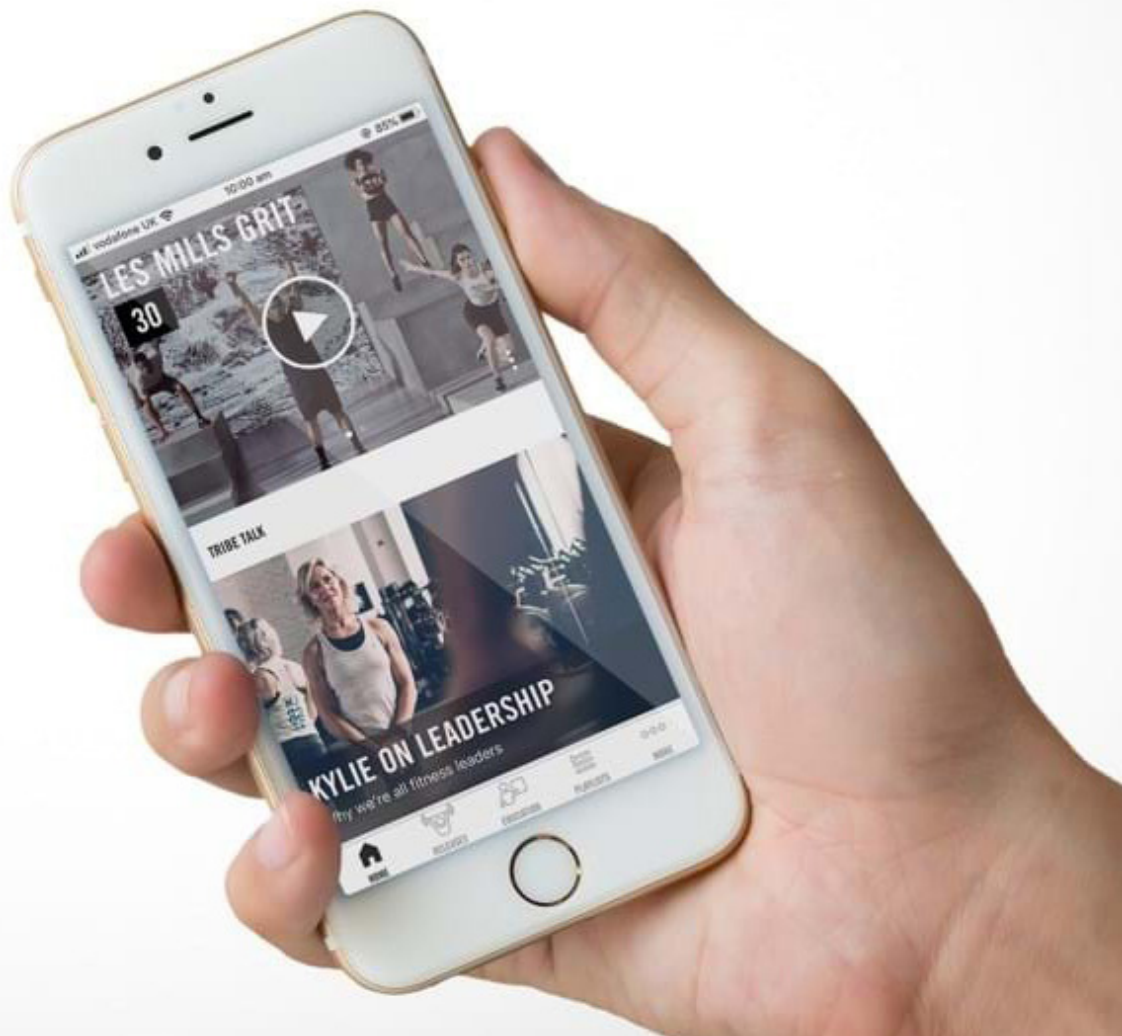
**SIGN UP FOR GLOBAL EVENT**

The Nordic team will focus on presenting the new Masterclasses to get you buzzing while the Global livestreaming event has an educational focus. You'll have the opportunity to deep dive into specific tracks, objectives and exercises with the Program Directors giving you more insight into the releases.

### **QUARTERLY WEBINARS & FACEBOOK LIVE SESSIONS**

We also have awesome Quarterly webinars and Facebook Live sessions to prep you for your Unstoppable event, keep reading to find out more.

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## **ARE YOU UP TO DATE?**

### **UPDATE YOUR PAYMENT METHOD**

If you're paying for the releases yourself, update your payment method in the Instructor Portal before the 5<sup>th</sup> of September.

### **WHEN WILL YOU HAVE YOUR RELEASES?**

The new releases will be uploaded to your Instructor Portal account and available in the Releases App on the 7<sup>th</sup> of September. Including THE TRIP™ release 26.

### **WHEN WILL YOU BE ABLE TO DOWNLOAD THE COVER MUSIC?**

The cover music for livestreaming workouts will be available for download in the Instructor Portal on the 27<sup>th</sup> of September. Including THE TRIP™ release 25.

### **ADDITIONAL SUPPORT**

If you have any questions or need additional support please contact us at [nordic@lesmills.com](mailto:nordic@lesmills.com) or give us a call at +46 (8) 556 096 90.



# LES MILLS UNSTOPPABLE LIVESTREAM EVENT 2021

SCHEDULE | CENTRAL EUROPEAN SUMMER TIME



## DAY 1 - GLOBAL LIVESTREAM EVENT 11<sup>TH</sup> SEPTEMBER

### Time

07:00-07:10  
07:10-07:45  
07:45-08:30  
08:30-09:05  
09:05-09:45  
09:45-10:20  
10:20-10:50  
10:50-11:25  
11:25-12:00  
12:00-12:10

### Program - Deep dive and Q & A

Global livestream event opens  
BODYATTACK® 113  
BODYPUMP® 118  
LES MILLS CORE™ 43  
BODYCOMBAT® 88  
BODYBALANCE® 93\*  
RPM® 90 / SPRINT 24  
BODYJAM® 97  
What we can do to make Group Fit 'UNSTOPPABLE'  
Global livestream event closes

### Presenters

LES MILLS International  
Lisa Osborne  
Glen Ostergaard & Ben Main  
Dan Cohen & Kylie Gates  
Rachael Newsham & Dan Cohen  
Kylie Gates  
Glen Ostergaard  
Gandalf Archer  
LES MILLS International  
LES MILLS International

## DAY 1 - NORDIC LIVESTREAM EVENT 11<sup>TH</sup> SEPTEMBER

### Time

13:00-13:30  
13:45-14:15  
14:30-15:00  
15:15-15:45  
16:00-16:30

### Program - Masterclass

BODYPUMP® 118  
LES MILLS CORE™ 43  
SH'BAM® 44  
BODYBALANCE® 93\*  
BODYATTACK® 113

### Presenters

Michael Steenhouwer & Susanna Varsanpää  
Michael Steenhouwer & Fanny Åhlund  
Billy Magg & Dorotka Baburin  
Susanna Varsanpää & Niko Viskari  
Kira Tiivola & Billy Magg

\*) BODYBALANCE® is BODYFLOW® in Denmark.

# LES MILLS UNSTOPPABLE LIVESTREAM EVENT 2021

SCHEDULE | CENTRAL EUROPEAN SUMMER TIME



## DAY 2 - NORDIC LIVESTREAM EVENT 12<sup>TH</sup> SEPTEMBER

### Time

09:00-09:30  
09:45-10:15  
10:30-11:00  
11:15-12:00  
12:15-12:45  
13:00-13:30

### Program - Masterclass

BODYBALANCE® 93\*  
BODYSTEP® 124  
BODYPUMP® 118  
LES MILLS CORE™ 43 - 45 min  
BODYCOMBAT® 88  
LES MILLS GRIT® 37 Athletic

### Presenters

Susanna Varsanpää & Niko Viskari  
Susanna Varsanpää & Julia Pohjanen  
Martin Krook & Cristine Skogastierna  
Fanny Åhlund & Julia Pohjanen  
Michael Steenhouwer & Cristine Skogastierna  
Michael Steenhouwer & Martin Krook

## DAY 2 - GLOBAL LIVESTREAM EVENT 12<sup>TH</sup> SEPTEMBER

### Time

21:00-21:10  
21:10-21:45  
21:45-22:30  
22:30-23:05  
23:05-23:45  
23:45-00:20  
00:20-00:50  
00:50-01:25  
01:25-02:00  
02:00-02:10

### Program - Deep dive and Q & A

Global livestream event opens  
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BODYPUMP® 118  
LES MILLS CORE™ 43  
BODYCOMBAT® 88  
BODYBALANCE® 93\*  
RPM® 90 / SPRINT™ 24  
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Kylie Gates  
Glen Osetergaard  
Erin Maw  
LES MILLS International  
LES MILLS International

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# FITNESS ENGINEERED

Having your own SMART TECH™ equipment at home makes it easier for you to practice your program whenever it suits you or attend online events from home.

Les Mills Instructors have 10% discount on all SMART TECH™ equipment. Use the code **INSTRUCTOR2021** in the checkout.  
**Note:** The discount doesn't apply on bundles.

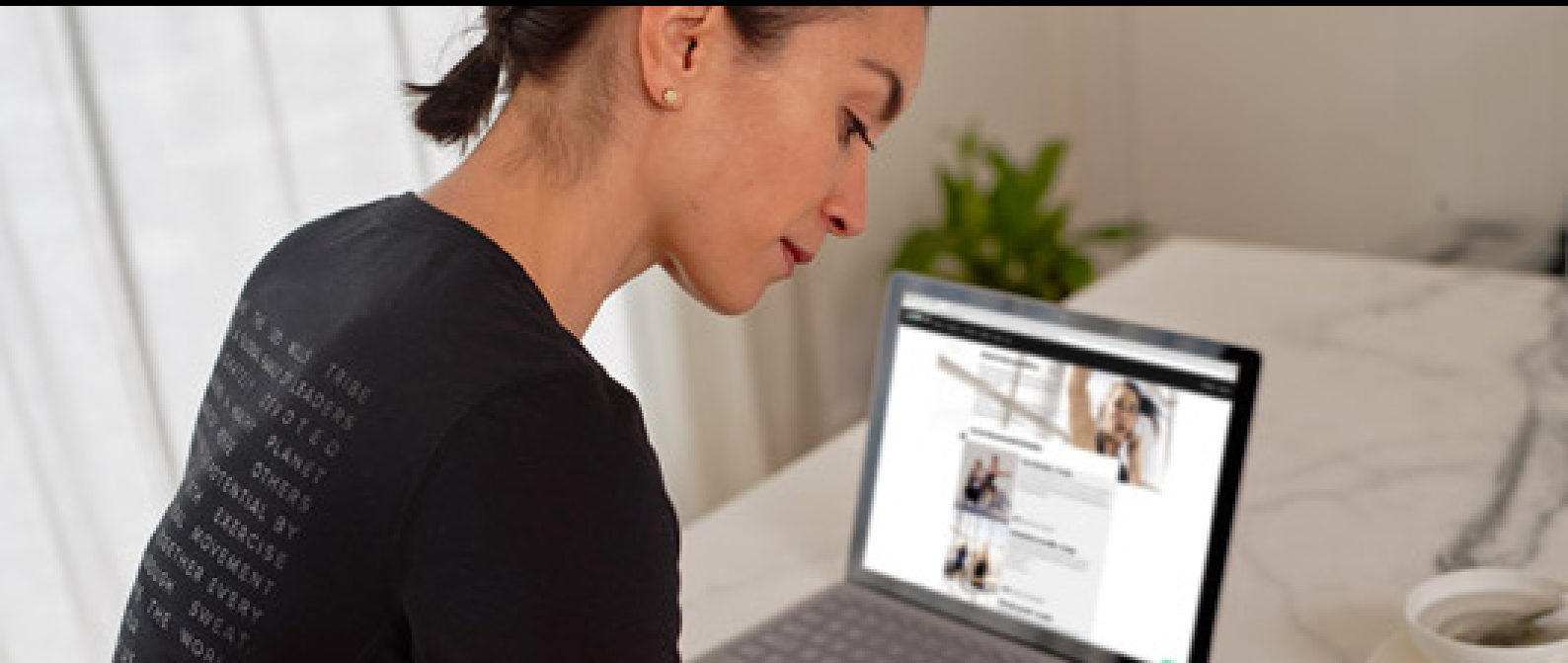
[GO TO SHOP](#)

SMARTBAR | SMARTSTEP | SMARTBAND | MBX MAT



# QUARTERLY WEBINARS & FACEBOOK LIVE SESSIONS

SCHEDULE | CENTRAL EUROPEAN SUMMER TIME



## QUARTERLY WEBINAR THE SCIENCE OF GLUTE TRAINING - MAX YOUR GLUTES

This round we focus our education session on the importance of glute activation and how to apply the knowledge when we teach classes to enhance the workout experience.

Date	Time	Presenters	Language
13-Sep	20:00-21:00	Karin Björneloo & Ditte Sommer Weinreich	English
14-Sep	19:00-20:00	Karin Björneloo & Ditte Sommer Weinreich	English
15-Sep	18:00-19:00	Karin Björneloo & Ditte Sommer Weinreich	English
19-Sep	10:00-11:00	Karin Björneloo & Ditte Sommer Weinreich	English

**BOOK WEBINAR**

## FACEBOOK LIVE TEAM TEACH & LIVESTREAM

Facebook Live sessions will focus on how to prepare and deliver amazing team teach classes both live and online. We will also cover the most important things to have in mind when livestreaming classes. More information regarding day and time will drop in the Official Les Mills Nordic Instructor Facebook group.





# UNITED ON FACEBOOK

We want to support you on your ongoing Instructor journey and make sure you feel inspired, motivated and on top of your game. That's why we created the Official Les Mills Nordic Instructor group on Facebook.

Once you are a certified Les Mills Instructor make sure to join in on the fun. In this group we share our passion for what we love through debates, posts and Facebook live sessions. Stay up to date with the latest within Les Mills.

**JOIN THE GROUP**

**UNITED | BE BRAVE | CHANGE THE WORLD**

# **BOOK A WEBINAR & UPDATE PAYMENT METHOD**

## **BOOK A WEBINAR**

- Log in to the [Instructor Portal](#)
- We recommend you use a computer and 'Chrome' browser
- Go to 'Events'
- Choose 'Quarterly Workshop' & Select 'Program Type'
- Find your event - 'Book' - Tick the box under 'Book'
- You don't use any 'Discount Code' - Click 'Continue'
- Fill out 'Billing Information' your home address
- Continue to 'Payment Information and Order Review'
- Place order
- Check your email for a confirmation.

You can find the Step by Step Guide [here](#).

## **UPDATE PAYMENT METHOD**

If your club usually pays for your releases please check with your manager that your SUBSCRIPTION is activated.

If you pay for your releases yourself check that your PAYMENT METHOD and BILLING INFORMATION is up to date in your Account Setting.

- Log in to the [Instructor Portal](#)
- We recommend you use a computer and 'Chrome' browser
- In **Account Setting** scroll down to 'Billing Information'
- Click 'View/Edit Billing Information'
- Fill in your details and 'Save'.

## **QUARTERLY OVERVIEW 2021**

### **Q3-2021**

Release upload: 7<sup>th</sup> of September

Cover music available: 27<sup>th</sup> of September

Quarterly weeks: 36-37

### **Q4-2021**

Release upload: 28<sup>th</sup> of November

Cover music available: 12<sup>th</sup> of December

Quarterly weeks: 47-49



***LesMILLS***

**CONTACT**

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