

# TRAINING DATES

LES MILLS NORDIC | 2021 - 2022



**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

## **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 | 2021-2022



# SWEDEN

## OCTOBER

23-24 Oct	LES MILLS CORE™	Stockholm
23-24 Oct	BODYPUMP®	Online
30-31 Oct	LES MILLS SPRINT™	Gothenburg
30-31 Oct	BODYBALANCE®	Gothenburg

## NOVEMBER

06-07 Nov	BODYATTACK®	Online
06-07 Nov	BODYPUMP®	Gothenburg
06-07 Nov	RPM®	Online
13-14 Nov	LES MILLS CORE™	Online
13-14 Nov	LES MILLS GRIT®	Gothenburg
13-14 Nov	BODYBALANCE®	Stockholm
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	BORN TO MOVE®	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	BODYATTACK®	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

## JANUARY - 2022

08-09 Jan	BODYPUMP®	Online
08-09 Jan	BODYJAM®	Online
15-16 Jan	BODYBALANCE®	Online
15-16 Jan	SH'BAM®	Online

## FEBRUARY - 2022

05-06 Feb	BODYPUMP®	Online
05-06 Feb	LES MILLS CORE™	Online
12-13 Feb	LES MILLS GRIT®	Online
12-13 Feb	BODYCOMBAT®	Online
19-20 Feb	BODYSTEP®	Online
19-20 Feb	LES MILLS SPRINT™	Online

## MARCH - 2022

12-13 Mar	BODYPUMP®	Online
12-13 Mar	BODYATTACK®	Online
19-20 Mar	BODYBALANCE®	Online
26-27 Mar	LES MILLS TONE™	Online
26-27 Mar	RPM®	Online

## APRIL - 2022

09-10 Apr	SH'BAM®	Online
09-10 Apr	LES MILLS CORE™	Online
16-17 Apr	BODYPUMP®	Online
16-17 Apr	BODYCOMBAT®	Online
23-24 Apr	LES MILLS GRIT®	Online
23-24 Apr	BODYJAM®	Online

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# SWEDEN

## MAY - 2022

07-08 May	BODYSTEP®	Online
07-08 May	LES MILLS SPRINT™	Online
14-15 May	BODYBALANCE®	Online
14-15 May	BODYPUMP®	Online

## JUNE - 2022

11-12 Jun	LES MILLS CORE™	Online
11-12 Jun	BODYATTACK®	Online
18-19 Jun	BODYCOMBAT®	Online
18-19 Jun	BODYPUMP®	Online
18-19 Jun	LES MILLS BARRE™	Online
18-19 Jun	LES MILLS GRIT™	Online
18-19 Jun	LES MILLS TONE™	Online

## JULY - 2022

02-03 Jul	RPM®	Online
09-10 Jul	BODYPUMP®	Online
09-10 Jul	BODYBALANCE®	Online
09-10 Jul	SH'BAM®	Online

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# DENMARK | NORWAY

## OCTOBER

23-24 Oct	BODYPUMP®	Online	
30-31 Oct	BODYCOMBAT®	Copenhagen (English)	
30-31 Oct	BODYPUMP®	Aarhus	(Danish)

## 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	BODYPUMP®	Odense	(Danish)
20-21 Nov	SH'BAM®	Online	
27-28 Nov	LES MILLS BARRE™	Online	

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08-09 Jan	BODYFLOW®	Copenhagen	(Danish)
08-09 Jan	BODYPUMP®	Copenhagen	(Danish)
08-09 Jan	BODYBALANCE®/BODYFLOW®	Copenhagen	(Danish)
08-09 Jan	BODYPUMP®	Online	
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# POLAND | CZECH | SLOVAKIA | ROMANIA

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## NOVEMBER

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# ADVANCED TRAINING

LES MILLS NORDIC | 2021 -2022



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# 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.

## OCTOBER

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

## 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 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.

## NOVEMBER

04-05 Nov	Helsinki	Finnish
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## DECEMBER

02-03 Dec	Stockholm/Digital Classroom	Swedish
03-04 Dec	Poznan	Polish
09-10 Dec	Digital Classroom	English

## Registration

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

**Contact**

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