

LES MILLS NORDIC

QUARTERLY WORKSHOPS & WEBINARS | Q4-2021



LES MILLS



WHAT'S NEW Q4?

Hi all AMAZING Instructors!

I'm so happy to announce that WE'RE BACK LIVE.

With a huge amount of respect we're now BRAVE to finally bring our largest programs back to the live stage. The last time we had live Quarterly Workshop was Q1-2020.

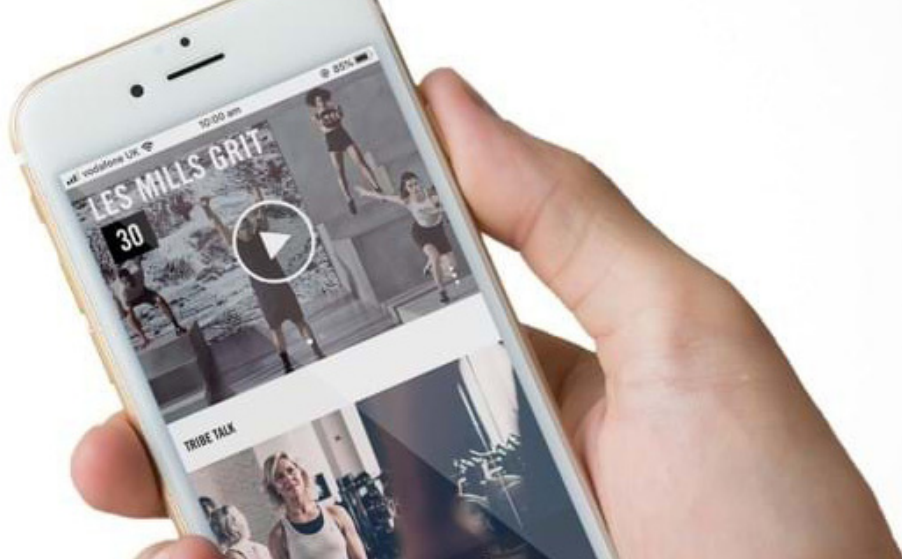
We're all excited to once again meet you in real life so take a look at the schedule and secure your spot on a live Quarterly Workshop. If you can't make it to a live workshop we have a bunch of program specific webinars for you to pick from. Our webinars cover all programs in our largest languages: English, Swedish, Finnish and Polish.

Enjoy this quarterly round and thanks to each and every one of you for living our values and staying UNITED FOR A FITTER PLANET!

Elin Hellström

Les Mills Nordic AB | Head Trainer

LESMILLS



RELEASE DETAILS & DATES TO REMEMBER

UPDATE YOUR PAYMENT METHOD

If you're paying for the releases yourself and haven't updated your payment method, make sure to do so in the Instructor Portal before the 26th of November. Simply follow the steps [here](#).

IMPORTANT NOTE ABOUT BOOKING QUARTERLY WORKSHOPS

You need to have an active Releases subscription to be able to book Quarterly workshops/webinars.

26th of November

Update your payment method in the [Instructor Portal](#).

28th of November

New releases are available in the Instructor Portal, including THE TRIP 27.

29th of November

Quarterly Workshops/Webinars - START.

12th of December

Cover music is available in the Instructor Portal, including THE TRIP 26.

RELEASES UPLOAD & PRELIMINARY QUARTERLY WEEKS 2022

Releases Upload

Q1 – 16th of Feb
Q2 – 18th of May
Q3 – 18th of Aug
Q4 – 23rd of Nov

Update Payment Method

Before 14th of Feb
Before 16th of May
Before 16th of Aug
Before 21st of Nov

Quarterly Weeks 2022

Q1 week 7, 8, 9
Q2 week 20, 21, 22
Q3 week 34, 35, 36
Q4 week 47, 48, 49

QUARTERLY WORKSHOPS - LIVE

STOCKHOLM

DATE TIME	PROGRAM	LOCATION	PRESENTER
04-Dec 09:00 - 10:15	LES MILLS CORE™	Nordic Wellness KTH-hallen	Niklas Bohlin
04-Dec 10:30 - 12:15	BODYPUMP®	Nordic Wellness KTH-hallen	Kristin Andersson
04-Dec 12:30 - 14:15	BODYBALANCE®	Nordic Wellness KTH-hallen	Anna-Karin Wikström
04-Dec 09:00 - 10:45	BODYCOMBAT®	Nordic Wellness Karlavägen	Marco Mazza Klemi
04-Dec 11:00 - 12:45	BODYATTACK®	Nordic Wellness Karlavägen	Billy Magg
04-Dec 12:30 - 14:00	THE TRIP™ IMMERSIVE	SATS Stureplan	Emmy Örn
04-Dec 13:15 - 14:30	LES MILLS GRIT® Strength	SATS Stureplan	Elin Hellström & Marco Mazza Klemi

GOTHENBURG

DATE TIME	PROGRAM	LOCATION	PRESENTER
05-Dec 09:00 - 10:45	BODYPUMP®	Nordic Wellness Lindholmen	Kristin Andersson
05-Dec 11:00 - 12:45	BODYBALANCE®	Nordic Wellness Lindholmen	Kristin Andersson
05-Dec 13:00 - 14:45	BODYCOMBAT®	Nordic Wellness Lindholmen	Marco Mazza Klemi
05-Dec 13:45 - 15:00	LES MILLS GRIT® Strength	Nordic Wellness Backaplan	Julia Pohjanen
05-Dec 15:15 - 16:30	LES MILLS CORE™	Nordic Wellness Backaplan	Julia Pohjanen
05-Dec 16:45 - 18:30	BODYATTACK®	Nordic Wellness Backaplan	Pernilla Andersson

HELSINKI

DATE TIME	PROGRAM	LOCATION	PRESENTER
04-Dec 12:30 - 14:15	BODYBALANCE®	Esport Bristol	Arja Vanhanen
04-Dec 14:15 - 16:00	BODYCOMBAT®	Esport Bristol	Guilherme Reis
04-Dec 16:15 - 18:00	BODYPUMP®	Esport Bristol	Mika Kankainen
05-Dec 10:00 - 11:45	BODYPUMP®	Esport Bristol	Mika Kankainen
05-Dec 12:00 - 13:15	LES MILLS CORE™	Esport Bristol	Eerika Bui
05-Dec 13:30 - 15:15	BODYCOMBAT®	Esport Bristol	Karo Nyman
05-Dec 15:30 - 17:15	BODYBALANCE®	Esport Bristol	Jarno Tynkkynen

OSLO

DATE TIME	PROGRAM	LOCATION	PRESENTER
05-Dec 09:00 - 10:45	BODYPUMP®	Fresh Fitness St Hanshaugen	Jorge Scott Neyra
05-Dec 11:00 - 12:15	LES MILLS CORE™	Fresh Fitness St Hanshaugen	Sander Johansen
05-Dec 12:30 - 14:15	BODYATTACK®	Fresh Fitness St Hanshaugen	Sander Johansen
05-Dec 14:30 - 16:15	BODYBALANCE®	Fresh Fitness St Hanshaugen	Ragnhild Lien

QUARTERLY WORKSHOPS - LIVE

COPENHAGEN

DATE TIME	PROGRAM	LOCATION	PRESENTER
05-Dec 10:30 - 12:15	BODYFLOW®	SATS Valby	Tor Andersen
05-Dec 12:30 - 13:45	LES MILLS CORE™	SATS Valby	Tor Andersen
05-Dec 14:00 - 15:45	BODYPUMP®	SATS Valby	Mikkel Hjorth
05-Dec 16:00 - 17:45	BODYCOMBAT®	SATS Valby	Mikkel Hjorth

WARSAW

DATE TIME	PROGRAM	LOCATION	PRESENTER
04-Dec 13:00 - 14:45	BODYBALANCE®	Total Fitness Ochota	Natalia Litwiniuk
04-Dec 15:00 - 16:45	BODYPUMP®	Total Fitness Ochota	Pawel Jeziorek
04-Dec 17:00 - 18:15	LES MILLS CORE™	Total Fitness Ochota	Pawel Jeziorek
05-Dec 13:00 - 14:45	BODYPUMP®	Total Fitness Ochota	Szymon Wesolowski
05-Dec 15:00 - 16:45	BODYCOMBAT®	Total Fitness Ochota	Szymon Wesolowski

THE SUPERSTAR FINAL

The Les Mills Nordic SUPERSTAR final will take place on the 4th of December in Stockholm. More details will be published [here](#) when getting closer to the final. Make sure to follow us on [Instagram](#) for exciting SUPERSTAR stories and details.



QUARTERLY WEBINARS - CENTRAL EUROPEAN TIMEZONE

ONLINE

DATE	TIME	PROGRAM	LANGUAGE	PRESENTER
29-Nov	19:15 - 20:15	BODYPUMP®	English	Mikkel Hjorth & Mika Kankainen
29-Nov	19:15 - 20:15	LES MILLS BARRE™	English	Janni Lindgren
29-Nov	19:15 - 20:15	THE TRIP™ 26	English	Eerika Bui
29-Nov	20:30 - 21:30	BODYATTACK®	Swedish	Pernilla Andersson & Billy Magg
29-Nov	20:30 - 21:30	BODYBALANCE®	English	Kristin Andersson & Anna-Karin Wikström
30-Nov	19:15 - 20:15	BODYPUMP®	Swedish	Ida Sarström & Olivia Lundkvist
30-Nov	19:30 - 20:30	SH'BAM®	English	Janni Lindgren & Niklas Bohlin
30-Nov	20:30 - 21:30	BODYJAM®	English	Dorotka Baburin & Claudia Kupferschmidt de la Mau
30-Nov	20:30 - 21:30	LES MILLS CORE™	English	Karin Björneloo & Niklas Bohlin
01-Dec	19:15 - 20:15	RPM®	English	Eerika Bui & Olivia Lundkvist
01-Dec	20:30 - 21:30	BODYCOMBAT®	English	Marco Mazza Klemi & Elin Atlebond
01-Dec	20:30 - 21:30	LES MILLS SPRINT™	English	Fanny Åhlund & Ida Sarström
02-Dec	19:15 - 20:15	THE TRIP™ 27	English	Eerika Bui
02-Dec	19:15 - 20:15	BODYBALANCE®	English	Arja Vanhanen & Jarno Tynkkynen
02-Dec	20:30 - 21:30	LES MILLS CORE™	Swedish	Karin Björneloo & Niklas Bohlin
02-Dec	20:30 - 21:30	BODYPUMP®	English	Mikkel Hjorth & Mika Kankainen
05-Dec	18:00 - 19:00	LES MILLS CORE™	English	Karin Björneloo & Niklas Bohlin
05-Dec	18:00 - 19:00	LES MILLS TONE™	English	Kimi Holm & Fanny Åhlund
05-Dec	18:15 - 19:15	BODYBALANCE®	Finnish	Arja Vanhanen & Jarno Tynkkynen
06-Dec	19:15 - 20:15	LES MILLS GRIT®	English	Karin Björneloo & Martin Krook
06-Dec	20:30 - 21:30	BODYPUMP®	Polish	Pawel Jeziorek
06-Dec	20:30 - 21:30	BODYSTEP®	English	Pernilla Andersson & Hanne Vilpponen
07-Dec	18:15 - 19:15	BODYPUMP®	Finnish	Hanne Vilpponen & Mika Kankainen
07-Dec	19:15 - 20:15	BODYATTACK®	English	Pernilla Andersson & Billy Magg
07-Dec	20:30 - 21:30	BODYCOMBAT®	English	Karo Nyman & Guilherme Reis
07-Dec	20:30 - 21:30	BODYPUMP®	Swedish	Ida Sarström & Olivia Lundkvist
08-Dec	19:15 - 20:15	BODYPUMP®	English	Hanne Vilpponen & Mika Kankainen
08-Dec	19:15 - 20:15	LES MILLS SPRINT™	Swedish	Fanny Åhlund & Ida Sarström
08-Dec	20:30 - 21:30	LES MILLS GRIT®	Swedish	Karin Björneloo & Martin Krook
08-Dec	20:30 - 21:30	BODYBALANCE®	Swedish	Kristin Andersson & Anna-Karin Wikström
09-Dec	18:15 - 19:15	BODYCOMBAT®	Finnish	Karo Nyman & Mika Kankainen
09-Dec	19:30 - 20:30	BODYCOMBAT®	Swedish	Marco Mazza Klemi & Elin Atlebond

* BODYBALANCE® is named BODYFLOW® in Denmark

LES MILLS



GOOD TO KNOW - STAYING UP TO DATE & CERTIFIED

What am I obliged to do to make sure I stay up to date and certified?

As a certified and active Les Mills Instructor you must stay up to date within your program/s and purchase the latest release 4 times per year.

What happens if I miss releases?

If you should miss out on more than 4 releases in your program then you'll be listed as inactive in that program. Should you miss out on more than 8 releases then you'll need to attend a new Initial Module Training in that program.

How many Quarterly Workshops/Webinars do I have to attend per year?

As a certified and active Les Mills Instructor you are obliged to attend 2 Quarterly Workshops/Webinars per year.

What counts as a Quarterly Workshop/Webinar?

Live Quarterly Workshop (when offered) or an online Quarterly Webinar.



GOOD TO KNOW - PAYMENT & BOOKING WORKSHOPS

Update payment method

If your club usually pays for your releases please check with your manager that your SUBSCRIPTION is activated. If you pay by yourself follow the steps below to update your payment details.

- Log in to the **Instructor Portal** on a computer using Chrome browser
- In Account Setting scroll down to 'Billing Information'
- Click 'View/Edit Billing Information'
- Fill in your details and 'Save'.

Book a Quarterly Workshop or Quarterly Webinar

- Log in to the **Instructor Portal** on a computer using 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.