

# 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



**LES MILLS**

## NOVEMBER

20-21 Nov	BODYPUMP®	Online	English
20-21 Nov	SH'BAM®	Online	English
27-28 Nov	LES MILLS BARRE™	Online	English

## DECEMBER

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

## JANUARY - 2022

08-09 Jan	BODYPUMP®	Online	English
08-09 Jan	BODYJAM®	Online	English
15-16 Jan	BODYBALANCE®	Online	English
15-16 Jan	SH'BAM®	Online	English
15-16 Jan	BODYCOMBAT®	Stockholm	Swedish
15-16 Jan	LES MILLS CORE™	Gothenburg	Swedish
22-23 Jan	BODYPUMP®	Gothenburg	Swedish
29-30 Jan	LES MILLS SPRINT™	Stockholm	Swedish

## FEBRUARY - 2022

05-06 Feb	BODYPUMP®	Online	English
05-06 Feb	BODYBALANCE®	Gothenburg	Swedish
05-06 Feb	LES MILLS CORE™	Online	English
12-13 Feb	LES MILLS GRIT®	Online	English
12-13 Feb	BODYCOMBAT®	Online	English
12-13 Feb	BODYPUMP®	Stockholm	Swedish
12-13 Feb	BODYATTACK®	Stockholm	Swedish
19-20 Feb	BODYSTEP®	Online	English
19-20 Feb	LES MILLS SPRINT™	Online	English

## MARCH - 2022

12-13 Mar	BODYPUMP®	Online	English
12-13 Mar	BODYATTACK®	Online	English
12-13 Mar	LES MILLS CORE™	Stockholm	Swedish
19-20 Mar	LES MILLS GRIT™	Stockholm	Swedish
19-20 Mar	BODYBALANCE®	Online	English
19-20 Mar	BODYCOMBAT®	Gothenburg	Swedish
26-27 Mar	LES MILLS TONE™	Online	English
26-27 Mar	RPM®	Online	English
26-27 Mar	BODYPUMP®	Gothenburg	Swedish

## APRIL - 2022

02-03 Apr	BODYPUMP®	Stockholm	Swedish
02-03 Apr	LES MILLS SPRINT™	Gothenburg	Swedish
09-10 Apr	BODYATTACK®	Gothenburg	Swedish
09-10 Apr	SH'BAM®	Online	English
09-10 Apr	LES MILLS CORE™	Online	English
16-17 Apr	BODYPUMP®	Online	English
16-17 Apr	BODYCOMBAT®	Online	English
23-24 Apr	BODYBALANCE®	Stockholm	Swedish
23-24 Apr	LES MILLS GRIT®	Online	English
23-24 Apr	BODYJAM®	Online	English

## MAY - 2022

07-08 May	BODYSTEP®	Online	English
07-08 May	LES MILLS SPRINT™	Online	English
07-08 May	LES MILLS CORE™	Gothenburg	Swedish
14-15 May	LES MILLS GRIT™	Gothenburg	Swedish
14-15 May	BODYBALANCE®	Online	English
14-15 May	BODYPUMP®	Online	English
28-29 May	BODYPUMP®	Gothenburg	Swedish

## JUNE - 2022

04-05 Jun	BODYPUMP®	Stockholm	Swedish
11-12 Jun	LES MILLS CORE™	Online	English
11-12 Jun	BODYBALANCE®	Gothenburg	Swedish
11-12 Jun	BODYATTACK®	Online	English
18-19 Jun	BODYCOMBAT®	Online	English
18-19 Jun	BODYPUMP®	Online	English
18-19 Jun	LES MILLS BARRE™	Online	English
18-19 Jun	LES MILLS GRIT™	Online	English
18-19 Jun	LES MILLS TONE™	Online	English

## JULY - 2022

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

## NOVEMBER

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

## DECEMBER

04-05 Dec	BODYBALANCE®*	Online	English
04-05 Dec	BORN TO MOVE®	Online	English
04-05 Dec	BODYSTEP®	Online	English
11-12 Dec	LES MILLS GRIT™	Online	English
11-12 Dec	LES MILLS TONE™	Online	English
11-12 Dec	BODYCOMBAT®	Online	English
18-19 Dec	BODYATTACK®	Online	English
18-19 Dec	BODYPUMP®	Online	English
18-19 Dec	LES MILLS CORE™	Online	English
18-19 Dec	LES MILLS SPRINT™	Online	English

## JANUARY - 2022

08-09 Jan	BODYCOMBAT®	Aarhus	Danish
08-09 Jan	BODYFLOW®	Copenhagen	Danish
08-09 Jan	BODYPUMP®	Copenhagen	Danish
08-09 Jan	BODYPUMP®	Online	English
08-09 Jan	BODYJAM®	Online	English
15-16 Jan	BODYBALANCE®*	Online	English
15-16 Jan	SH'BAM®	Online	English
22-23 Jan	BODYPUMP®	Drammen	Norwegian

## FEBRUARY - 2022

05-06 Feb	BODYPUMP	Online	English
05-06 Feb	LES MILLS CORE™	Online	English
05-06 Feb	BODYPUMP®	Aalborg	Danish
12-13 Feb	LES MILLS GRIT®	Online	English
12-13 Feb	BODYCOMBAT®	Online	English
19-20 Feb	BODYSTEP®	Online	English
19-20 Feb	LES MILLS SPRINT™	Online	English
26-27 Feb	BODYPUMP®	Aarhus	Danish

## MARCH - 2022

12-13 Mar	BODYPUMP®	Online	English
12-13 Mar	BODYATTACK®	Online	English
12-13 Mar	LES MILLS CORE™	Drammen	Norwegian
19-20 Mar	BODYBALANCE®*	Online	English
19-20 Mar	BODYCOMBAT®	Copenhagen	Danish
26-27 Mar	LES MILLS TONE™	Online	English
26-27 Mar	RPM®	Online	English

## APRIL - 2022

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

## MAY - 2022

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

## JUNE - 2022

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

## JULY - 2022

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



## NOVEMBER

20-21 Nov	BODYPUMP®	Online	English
20-21 Nov	SH'BAM®	Online	English
27-28 Nov	LES MILLS BARRE™	Online	English

## DECEMBER

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

## JANUARY - 2022

08-09 Jan	BODYPUMP®	Online	English
08-09 Jan	BODYJAM®	Online	English
15-16 Jan	BODYBALANCE®	Online	English
15-16 Jan	SH'BAM®	Online	English
15-16 Jan	BODYCOMBAT®	Helsinki	Finnish
22-23 Jan	BODYPUMP®	Helsinki	Finnish

## FEBRUARY - 2022

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

## MARCH - 2022

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

## APRIL - 2022

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

**Club-partners:** Email your bookings to [nordic@lesmills.com](mailto:nordic@lesmills.com)

**MAY - 2022**

07-08 May	BODYSTEP®	Online	English
07-08 May	LES MILLS SPRINT™	Online	English
07-08 May	BODYBALANCE®	Helsinki	Finnish
14-15 May	BODYCOMBAT®	Helsinki	Finnish
14-15 May	BODYBALANCE®	Online	English
14-15 May	BODYPUMP®	Online	English

**JUNE - 2022**

11-12 Jun	LES MILLS CORE™	Online	English
11-12 Jun	BODYATTACK®	Online	English
18-19 Jun	BODYCOMBAT®	Online	English
18-19 Jun	BODYPUMP®	Online	English
18-19 Jun	LES MILLS BARRE™	Online	English
18-19 Jun	LES MILLS GRIT™	Online	English
18-19 Jun	LES MILLS TONE™	Online	English
12-13 Jun	BODYPUMP®	Helsinki	Finnish

**JULY - 2022**

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

## NOVEMBER

20-21 Nov	BODYPUMP®	Online	English
20-21 Nov	SH'BAM®	Online	English
27-28 Nov	LES MILLS BARRE™	Online	English

## DECEMBER

04-05 Dec	BODYBALANCE®	Online	English
04-05 Dec	BODYPUMP®	Prague	Czech
04-05 Dec	BORN TO MOVE®	Online	English
04-05 Dec	BODYSTEP®	Online	English
11-12 Dec	LES MILLS GRIT™	Online	English
11-12 Dec	LES MILLS TONE™	Online	English
11-12 Dec	BODYCOMBAT®	Online	English
11-12 Dec	BODYATTACK®	Warsaw	English
18-19 Dec	BODYCOMBAT®	Prague	Czech
18-19 Dec	BODYATTACK®	Online	English
18-19 Dec	BODYPUMP®	Online	English
18-19 Dec	LES MILLS CORE™	Online	English
18-19 Dec	LES MILLS SPRINT™	Online	English

## JANUARY - 2022

08-09 Jan	BODYCOMBAT®	Warsaw	Polish
08-09 Jan	BODYPUMP®	Online	English
08-09 Jan	BODYJAM®	Online	English
15-16 Jan	BODYBALANCE®	Online	English
15-16 Jan	SH'BAM®	Online	English

## FEBRUARY - 2022

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

## MARCH - 2022

12-13 Mar	BODYPUMP®	Online	English
12-13 Mar	LES MILLS GRIT®	Warsaw	Polish
12-13 Mar	BODYATTACK®	Online	English
19-20 Mar	BODYBALANCE®	Online	English
26-27 Mar	LES MILLS TONE™	Online	English
26-27 Mar	RPM®	Online	English
26-27 Mar	LES MILLS CORE™	Warsaw	Polish

## APRIL - 2022

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

## MAY - 2022

07-08 May	BODYSTEP®	Online	English
07-08 May	LES MILLS SPRINT™	Online	English
14-15 May	BODYBALANCE®	Online	English
14-15 May	BODYPUMP®	Online	English
14-15 May	BODYCOMBAT®	Warsaw	Polish
28-29 May	BODYPUMP®	Warsaw	Polish

## JUNE - 2022

11-12 Jun	LES MILLS CORE™	Online	English
11-12 Jun	BODYBALANCE®	Warsaw	Polish
11-12 Jun	BODYATTACK®	Online	English
18-19 Jun	BODYCOMBAT®	Online	English
18-19 Jun	BODYPUMP®	Online	English
18-19 Jun	LES MILLS BARRE™	Online	English
18-19 Jun	LES MILLS GRIT™	Online	English
18-19 Jun	LES MILLS TONE™	Online	English
25-26 Jun	LES MILLS CORE™	Warsaw	Polish

## JULY - 2022

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

# ADVANCED TRAINING

LES MILLS NORDIC | 2021 -2022



**LesMILLS**

## 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.

## JANUARY

22-23 Jan	BODYJAM®	Online	English
22-23 Jan	SH'BAM®	Online	English
22-23 Jan	LES MILLS BARRE™	Online	English

## FEBRUARY

05-06 Feb	BODYATTACK®	Copenhagen	Danish
05-06 Feb	BODYCOMBAT®	Copenhagen	Danish
05-06 Feb	BODYFLOW®	Copenhagen	Danish
05-06 Feb	BODYJAM®	Copenhagen	Danish
05-06 Feb	BODYPUMP®	Copenhagen	Danish
05-06 Feb	LES MILLS BARRE™	Copenhagen	Danish

05-06 Feb	LES MILLS CORE™	Copenhagen	Danish
05-06 Feb	LES MILLS GRIT®	Copenhagen	Danish
05-06 Feb	LES MILLS SPRINT™	Copenhagen	Danish
05-06 Feb	LES MILLS TONE™	Copenhagen	Danish
05-06 Feb	RPM®	Copenhagen	Danish
05-06 Feb	SH'BAM®	Copenhagen	Danish

## FEBRUARY

12-13 Feb	BODYATTACK®	Stockholm	Swedish
12-13 Feb	BODYBALANCE®	Stockholm	Swedish
12-13 Feb	BODYCOMBAT®	Stockholm	Swedish
12-13 Feb	BODYJAM®	Stockholm	Swedish
12-13 Feb	BODYPUMP®	Stockholm	Swedish
12-13 Feb	LES MILLS BARRE™	Stockholm	Swedish
12-13 Feb	LES MILLS CORE™	Stockholm	Swedish
12-13 Feb	LES MILLS GRIT®	Stockholm	Swedish
12-13 Feb	LES MILLS SPRINT™	Stockholm	Swedish
12-13 Feb	LES MILLS TONE™	Stockholm	Swedish
12-13 Feb	RPM®	Stockholm	Swedish
12-13 Feb	SH'BAM®	Stockholm	Swedish

## MARCH

19-20 Mar	BODYATTACK®	Online	English
19-20 Mar	BODYBALANCE®	Online	English
19-20 Mar	BODYCOMBAT®	Online	English
19-20 Mar	BODYJAM®	Online	English
19-20 Mar	BODYPUMP®	Online	English
19-20 Mar	LES MILLS BARRE™	Online	English
19-20 Mar	LES MILLS CORE™	Online	English
19-20 Mar	LES MILLS GRIT®	Online	English
19-20 Mar	LES MILLS SPRINT™	Online	English
19-20 Mar	LES MILLS TONE™	Online	English
19-20 Mar	RPM®	Online	English
19-20 Mar	SH'BAM®	Online	English
26-27 Mar	BODYATTACK®	Helsinki	Finnish
26-27 Mar	BODYBALANCE®	Helsinki	Finnish
26-27 Mar	BODYCOMBAT®	Helsinki	Finnish
26-27 Mar	BODYJAM®	Helsinki	Finnish
26-27 Mar	BODYPUMP®	Helsinki	Finnish
26-27 Mar	LES MILLS BARRE™	Helsinki	Finnish
26-27 Mar	LES MILLS CORE™	Helsinki	Finnish
26-27 Mar	LES MILLS GRIT®	Helsinki	Finnish
26-27 Mar	LES MILLS SPRINT™	Helsinki	Finnish
26-27 Mar	LES MILLS TONE™	Helsinki	Finnish
26-27 Mar	RPM®	Helsinki	Finnish
26-27 Mar	SH'BAM®	Helsinki	Finnish

**Club-partners:** Email your bookings to [nordic@lesmills.com](mailto:nordic@lesmills.com)

# GROUP FITNESS MANAGEMENT

LES MILLS NORDIC | 2021-2022



**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.

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

## DECEMBER - 2021

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

## FEBRUARY

24-25 Feb	Digital Classroom	English
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## MARCH

24-25 Mar	Stockholm/Digital Classroom	Swedish
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## MAY

05-06 May	Stockholm/Digital Classroom	Swedish
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## SEPTEMBER

15-16 Sep	Digital Classroom	English
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## OCTOBER

06-07 Oct	Stockholm/Digital Classroom	Swedish
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## NOVEMBER

24-25 Nov	Digital Classroom	English
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## DECEMBER

01-02 Dec	Stockholm/Digital Classroom	Swedish
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**Contact**

Les Mills Nordic

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**LES MILLS**