

EDUCATION DATES

LES MILLS NORDIC | 2022



LES MILLS

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 - Finland & Estonia
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- **GROUP FITNESS MANAGEMENT**

INITIAL TRAINING



LES MILLS

APRIL

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
23-24 Apr	BODYATTACK®	Online	English

MAY

07-08 May	BODYSTEP®	Online	English
07-08 May	BORN TO MOVE®	Online	English
07-08 May	LES MILLS SPRINT™	Online	English
07-08 May	LES MILLS CORE™	Gothenburg	Swedish
07-08 May	BODYCOMBAT®	Stockholm	Swedish
14-15 May	LES MILLS GRIT™	Gothenburg	Swedish
14-15 May	BODYBALANCE®	Online	English
14-15 May	BODYPUMP®	Online	English
21-22 May	THE TRIP™ IMMERSIVE	Stockholm	Swedish
28-29 May	BODYPUMP®	Gothenburg	Swedish

JUNE

04-05 Jun	BODYPUMP®	Stockholm	Swedish
11-12 Jun	BODYBALANCE®	Gothenburg	Swedish
11-12 Jun	LES MILLS SPRINT™	Stockholm	Swedish
18-19 Jun	BODYJAM®	Stockholm	Swedish

JULY

02-03 Jul	BODYPUMP®	Stockholm	Swedish
02-03 Jul	RPM®	Online	English
09-10 Jul	LES MILLS CORE™	Stockholm	Swedish
09-10 Jul	BODYATTACK®	Stockholm	Swedish
09-10 Jul	BODYPUMP®	Online	English
09-10 Jul	BODYBALANCE®	Online	English
09-10 Jul	SH'BAM®	Online	English

APRIL

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	BODYPUMP®	Copenhagen	Danish
23-24 Apr	BODYATTACK®	Online	English

MAY

07-08 May	BODYSTEP®	Online	English
07-08 May	BORN TO MOVE®	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	BODYATTACK®	Copenhagen	Danish

JUNE

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

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

APRIL

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	BODYATTACK®	Online	English

MAY

07-08 May	BODYSTEP®	Online	English
07-08 May	BORN TO MOVE®	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

11-12 Jun	LES MILLS CORE™	Online	English
11-12 Jun	BODYATTACK®	Online	English
11-12 Jun	BODYPUMP®	Helsinki	Finnish
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

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

APRIL

09-10 Apr	SH'BAM®	Online	English
09-10 Apr	BODYBALANCE®	Warsaw	Polish
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	BODYATTACK®	Online	English

MAY

07-08 May	BODYSTEP®	Online	English
07-08 May	BORN TO MOVE®	Online	English
07-08 May	LES MILLS SPRINT™	Online	English
14-15 May	BODYBALANCE®	Online	English
14-15 May	BODYATTACK®	Prague	Czech
14-15 May	BODYPUMP®	Online	English
14-15 May	BODYCOMBAT®	Warsaw	Polish
21-22 May	LES MILLS GRIT®	Warsaw	Polish
28-29 May	BODYPUMP®	Warsaw	Polish

JUNE

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

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

ADVANCED TRAINING & LES MILLS QUALIFICATIONS

What is an Advanced Training?

Advanced Training is designed to help you find your strengths to rock your program as the ROCKSTAR you are. The course helps you to discover why you love to teach and bring fun to the stage that captivates your participants.

- It is focused on how to enhance the workout experience for your participant and pack your classes
- You will learn hands-on tools to help you connect with your participants as well as motivate and educate them
- You can choose either a 2-day live training or a 2-day online training
- Advanced Training is a great way to give you more tools and skills to prepare for Les Mills Qualifications.

APRIL

09-10 Apr	BODYATTACK®	Stockholm	Swedish
09-10 Apr	BODYBALANCE®	Stockholm	Swedish
09-10 Apr	BODYCOMBAT®	Stockholm	Swedish
09-10 Apr	BODYJAM®	Stockholm	Swedish
09-10 Apr	BODYPUMP®	Stockholm	Swedish
09-10 Apr	LES MILLS BARRE™	Stockholm	Swedish
09-10 Apr	LES MILLS CORE™	Stockholm	Swedish
09-10 Apr	LES MILLS GRIT®	Stockholm	Swedish
09-10 Apr	LES MILLS SPRINT™	Stockholm	Swedish
09-10 Apr	LES MILLS TONE™	Stockholm	Swedish
09-10 Apr	RPM®	Stockholm	Swedish
09-10 Apr	SH'BAM®	Stockholm	Swedish

What is Les Mills Qualifications?

Les Mills Qualifications is an assessment and feedback framework to help you become the best version of you. It is designed to recognize your ability and provide a personalized development plan based on your strengths.

The qualifications are about your strengths in the 5 Key Elements: Choreography, Technique, Coaching, Connection, Performance. You will receive a GRADE for each of the 5 Key Elements and a combination of these will give you an outcome - a LEVEL.

In which programs can you get assessed?

You can get assessed in the following programs from May 2022:

- BODYPUMP®
- BODYCOMBAT®
- LES MILLS CORE™
- BODYBALANCE®
- BODYATTACK®
- LES MILLS GRIT®
- RPM®
- BODYSTEP®
- LES MILLS TONE™
- LES MILLS SPRINT™
- LES MILLS BARRE™, BODYJAM®, SH'BAM® and THE TRIP™ from Fall/Winter 2022.

Get started with Les Mills Qualifications

Contact us at nordic@lesmills.com for more info on how to get started on your Les Mills Qualifications journey.

Club-partners: Email your bookings to nordic@lesmills.com

GROUP FITNESS MANAGEMENT



LES MILLS

GROUP FITNESS MANAGEMENT

What is Group Fitness Management?

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 2 days.

In the course you will learn how to get the most out of the 8 tools of Group Fitness Management:

- Measure and analyze group training
- Profitability analysis
- Scheduling
- Recruitment
- Teambuilding
- Marketing
- Event planning
- Studio design.

Education dates 2022

21-22	Apr	Helsinki	Finnish
07-08	May	Stockholm	Swedish
03-04	Jun	Digital Classroom	Polish
05-06	Aug	Poznan	Polish
15-16	Sep	Digital Classroom	English
06-07	Oct	Stockholm	Swedish
24-25	Nov	Digital Classroom	English
01-02	Dec	Stockholm	Swedish
02-03	Dec	Digital Classroom	Polish

To register

Contact lmn.cxm@lesmills.com

For more detailed information and prices [click here](#).

Contact

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