

LES MILLS NORDIC

EDUCATION DATES | 2022-2023



LES MILLS

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 - Sweden
 - Denmark & Norway
 - Finland & Estonia
 - Poland, Czech, Slovakia & Romania
- **LES MILLS QUALIFICATIONS**
- **ADVANCED TRAINING**
- **GROUP FITNESS MANAGEMENT**

INITIAL TRAINING



LES MILLS

MAY

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

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

AUGUST

06-07 Aug	LES MILLS GRIT®	Stockholm	Swedish
06-07 Aug	BODYBALANCE®	Stockholm	Swedish
06-07 Aug	BODYPUMP®	Online	English

06-07 Aug	LES MILLS CORE™	Online	English
06-07 Aug	THE TRIP™ LIVE	Stockholm	Swedish
13-14 Aug	BODYPUMP®	Gothenburg	Swedish
13-14 Aug	SH'BAM®	Gothenburg	Swedish
13-14 Aug	BODYJAM®	Online	English
13-14 Aug	BODYCOMBAT®	Online	English
13-14 Aug	LES MILLS GRIT®	Online	English
20-21 Aug	LES MILLS SPRINT™	Online	English
20-21 Aug	BODYSTEP®	Online	English
20-21 Aug	BODYATTACK®	Online	English

SEPTEMBER

10-11 Sep	BODYPUMP®	Stockholm	Swedish
17-18 Sep	LES MILLS CORE™	Gothenburg	Swedish
17-18 Sep	BODYCOMBAT®	Gothenburg	Swedish
17-18 Sep	BODYPUMP®	Online	English
17-18 Sep	RPM®	Online	English
24-25 Sep	BODYBALANCE®	Online	English
24-25 Sep	SH'BAM®	Online	English
24-25 Sep	LES MILLS SPRINT™	Gothenburg	Swedish

OCTOBER

01-02 Oct	BODYATTACK®	Gothenburg	Swedish
08-09 Oct	BODYPUMP®	Gothenburg	Swedish
08-09 Oct	BODYBALANCE®	Gothenburg	Swedish
08-09 Oct	BODYPUMP®	Online	English
08-09 Oct	BODYCOMBAT®	Online	English
08-09 Oct	LES MILLS CORE™	Online	English
29-30 Oct	LES MILLS GRIT®	Online	English

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

NOVEMBER

05-06 Nov	LES MILLS GRIT®	Gothenburg	Swedish
05-06 Nov	BODYATTACK®	Online	English
05-06 Nov	BODYPUMP®	Online	English
12-13 Nov	LES MILLS CORE™	Stockholm	Swedish
12-13 Nov	BODYBALANCE®	Online	English
12-13 Nov	LES MILLS SPRINT™	Online	English
19-20 Nov	BODYPUMP®	Stockholm	Swedish
19-20 Nov	THE TRIP™ IMMERSIVE	Gothenburg	Swedish

DECEMBER

10-11 Dec	BODYPUMP®	Online	English
10-11 Dec	LES MILLS TONE™	Online	English
10-11 Dec	LES MILLS GRIT®	Online	English
10-11 Dec	RPM®	Online	English
10-11 Dec	SH'BAM®	Online	English
10-11 Dec	LES MILLS SPRINT™	Stockholm	Swedish
17-18 Dec	BODYPUMP®	Gothenburg	Swedish
17-18 Dec	BODYBALANCE®	Stockholm	Swedish
17-18 Dec	LES MILLS CORE™	Online	English
17-18 Dec	BODYCOMBAT®	Online	English
17-18 Dec	BODYJAM®	Online	English
17-18 Dec	BODYSTEP®	Online	English

JANUARY - 2023

07-08 Jan	BODYATTACK®	Stockholm	Swedish
07-08 Jan	BODYJAM®	Gothenburg	Swedish
07-08 Jan	BODYPUMP®	Online	English
14-15 Jan	BODYBALANCE®	Online	English
14-15 Jan	LES MILLS CORE™	Gothenburg	Swedish
14-15 Jan	BODYCOMBAT®	Stockholm	Swedish

21-22 Jan	BODYPUMP®	Stockholm	Swedish
21-22 Jan	LES MILLS GRIT®	Stockholm	Swedish
21-22 Jan	RPM®	Gothenburg	Swedish
21-22 Jan	BODYATTACK®	Online	English

FEBRUARY - 2023

04-05 Feb	SH'BAM®	Stockholm	Swedish
04-05 Feb	THE TRIP™ LIVE	Gothenburg	Swedish
04-05 Feb	BODYPUMP®	Online	English
04-05 Feb	BODYCOMBAT®	Online	English
04-05 Feb	LES MILLS SPRINT™	Online	English
11-12 Feb	LES MILLS CORE™	Online	English
11-12 Feb	LES MILLS GRIT®	Online	English
11-12 Feb	BODYPUMP®	Gothenburg	Swedish
11-12 Feb	BODYBALANCE®	Gothenburg	Swedish

MARCH - 2023

11-12 Mar	LES MILLS SPRINT™	Gothenburg	Swedish
18-19 Mar	BODYPUMP®	Online	English
18-19 Mar	BODYATTACK®	Online	English
18-19 Mar	SH'BAM®	Online	English
18-19 Mar	LES MILLS CORE™	Stockholm	Swedish
25-26 Mar	RPM®	Online	English
25-26 Mar	BODYBALANCE®	Online	English
25-26 Mar	BODYPUMP®	Stockholm	Swedish
25-26 Mar	THE TRIP™ IMMERSIVE	Stockholm	Swedish

MAY

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
18-19 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

AUGUST

06-07 Aug	BODYPUMP®	Online	English
06-07 Aug	LES MILLS CORE™	Online	English
13-14 Aug	BODYJAM®	Online	English
13-14 Aug	BODYCOMBAT®	Online	English
13-14 Aug	LES MILLS GRIT®	Online	English
20-21 Aug	LES MILLS SPRINT™	Online	English
20-21 Aug	BODYSTEP®	Online	English
20-21 Aug	BODYATTACK®	Online	English

SEPTEMBER

10-11 Sep	BODYPUMP®	Oslo	Norwegian
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10-11 Sep	BODYBALANCE®*	Copenhagen	Danish
17-18 Sep	RPM®	Online	English
17-18 Sep	BODYPUMP®	Online	English
24-25 Sep	BODYBALANCE®	Online	English
24-25 Sep	SH'BAM®	Online	English
24-25 Sep	BODYBALANCE®	Oslo	Norwegian
24-25 Sep	BODYPUMP®	Copenhagen	Danish

OCTOBER

08-09 Oct	BODYPUMP®	Online	English
08-09 Oct	BODYCOMBAT®	Online	English
08-09 Oct	LES MILLS CORE™	Online	English
29-30 Oct	LES MILLS GRIT®	Online	English

NOVEMBER

05-06 Nov	BODYATTACK®	Online	English
05-06 Nov	BODYPUMP®	Online	English
12-13 Nov	BODYBALANCE®	Online	English
12-13 Nov	LES MILLS SPRINT™	Online	English

DECEMBER

10-11 Dec	LES MILLS CORE™	Copenhagen	Danish
10-11 Dec	LES MILLS CORE®	Oslo	Norwegian
10-11 Dec	BODYPUMP®	Online	English
10-11 Dec	LES MILLS TONE™	Online	English
10-11 Dec	LES MILLS GRIT®	Online	English
10-11 Dec	RPM®	Online	English
10-11 Dec	SH'BAM®	Online	English
17-18 Dec	LES MILLS CORE™	Online	English
17-18 Dec	BODYCOMBAT®	Online	English
17-18 Dec	BODYJAM®	Online	English
17-18 Dec	BODYSTEP®	Online	English

Club-partners: Email your bookings to nordic@lesmills.com | ***Note:** BODYBALANCE® is BODYFLOW® in Denmark.

JANUARY - 2023

07-08 Jan	BODYPUMP®	Online	English
14-15 Jan	BODYPUMP®	Oslo	Norwegian
14-15 Jan	BODYBALANCE®	Online	English
21-22 Jan	BODYATTACK®	Online	English
21-22 Jan	BODYPUMP®	Aarhus	Danish

FEBRUARY - 2023

04-05 Feb	BODYBALANCE®*	Aarhus	Danish
04-05 Feb	BODYPUMP®	Online	English
04-05 Feb	BODYCOMBAT®	Online	English
04-05 Feb	LES MILLS SPRINT™	Online	English
11-12 Feb	LES MILLS CORE™	Online	English
11-12 Feb	LES MILLS GRIT®	Online	English

MARCH - 2023

11-12 Mar	BODYATTACK®	Copenhagen	Danish
18-19 Mar	BODYPUMP®	Online	English
18-19 Mar	BODYATTACK®	Online	English
18-19 Mar	SH'BAM®	Online	English
25-26 Mar	RPM®	Online	English
25-26 Mar	BODYBALANCE®	Online	English

MAY

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

AUGUST

06-07 Aug	BODYPUMP®	Online	English
06-07 Aug	LES MILLS CORE™	Online	English
06-07 Aug	BODYPUMP®	Helsinki	Finnish
13-14 Aug	BODYATTACK®	Helsinki	Finnish
13-14 Aug	SH'BAM®	Helsinki	Finnish
13-14 Aug	BODYJAM®	Online	English
13-14 Aug	BODYCOMBAT®	Online	English
13-14 Aug	LES MILLS GRIT®	Online	English
20-21 Aug	LES MILLS SPRINT™	Online	English
20-21 Aug	BODYSTEP®	Online	English
20-21 Aug	BODYATTACK®	Online	English

SEPTEMBER

10-11 Sep	BODYCOMBAT®	Tampere	Finnish
17-18 Sep	BODYBALANCE®	Helsinki	Finnish
17-18 Sep	RPM®	Online	English
17-18 Sep	BODYPUMP®	Online	English
24-25 Sep	BODYBALANCE®	Online	English
24-25 Sep	SH'BAM®	Online	English

OCTOBER

08-09 Oct	BODYPUMP®	Online	English
08-09 Oct	BODYPUMP®	Helsinki	Finnish
08-09 Oct	BODYCOMBAT®	Online	English
08-09 Oct	LES MILLS CORE™	Online	English
22-23 Oct	LES MILLS CORE™	Helsinki	Finnish
22-23 Oct	LES MILLS GRIT®	Online	English

NOVEMBER

05-06 Nov	BODYATTACK®	Online	English
05-06 Nov	BODYPUMP®	Online	English
12-13 Nov	BODYBALANCE®	Online	English
12-13 Nov	LES MILLS SPRINT™	Online	English
12-13 Nov	BODYJAM®	Helsinki	Finnish

DECEMBER

10-11 Dec	BODYPUMP®	Online	English
10-11 Dec	LES MILLS TONE™	Online	English
10-11 Dec	LES MILLS GRIT®	Online	English
10-11 Dec	RPM®	Online	English
10-11 Dec	SH'BAM®	Online	English
10-11 Dec	BODYCOMBAT®	Helsinki	Finnish
17-18 Dec	LES MILLS GRIT®	Helsinki	Finnish
17-18 Dec	LES MILLS CORE™	Online	English
17-18 Dec	BODYCOMBAT®	Online	English

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DECEMBER

17-18 Dec	BODYJAM®	Online	English
17-18 Dec	BODYSTEP®	Online	English

JANUARY - 2023

07-08 Jan	BODYPUMP®	Online	English
14-15 Jan	BODYPUMP®	Helsinki	Finnish
14-15 Jan	BODYBALANCE®	Online	English
21-22 Jan	BODYATTACK®	Online	English
21-22 Jan	BODYBALANCE®	Helsinki	Finnish

FEBRUARY - 2023

04-05 Feb	BODYATTACK®	Helsinki	Finnish
04-05 Feb	BODYPUMP®	Online	English
04-05 Feb	BODYCOMBAT®	Online	English
04-05 Feb	LES MILLS SPRINT™	Online	English
11-12 Feb	LES MILLS CORE™	Online	English
11-12 Feb	LES MILLS GRIT®	Online	English

MARCH - 2023

18-19 Mar	BODYPUMP®	Online	English
18-19 Mar	BODYATTACK®	Online	English
18-19 Mar	SH'BAM®	Online	English
18-19 Mar	BODYCOMBAT®	Tampere	Finnish
25-26 Mar	BODYPUMP®	Helsinki	Finnish
25-26 Mar	RPM®	Online	English
25-26 Mar	BODYBALANCE®	Online	English

MAY

14-15 May	BODYBALANCE®	Online	English
14-15 May	BODYPUMP®	Online	English
28-29 May	BODYPUMP®	Warsaw	Polish

JUNE

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
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

AUGUST

06-07 Aug	BODYPUMP®	Online	English
06-07 Aug	LES MILLS CORE™	Online	English
06-07 Aug	BODYATTACK®	Warsaw	Polish
13-14 Aug	BODYPUMP®	Bucharest	Romanian
13-14 Aug	BODYPUMP®	Poznan	Polish
13-14 Aug	BODYJAM®	Online	English
13-14 Aug	BODYCOMBAT®	Online	English
13-14 Aug	LES MILLS GRIT®	Online	English

20-21 Aug	LES MILLS CORE™	Prauge	Czech
20-21 Aug	LES MILLS SPRINT™	Online	English
20-21 Aug	BODYSTEP®	Online	English
20-21 Aug	BODYSTEP	Warsaw	English
20-21 Aug	BODYATTACK®	Online	English

SEPTEMBER

10-11 Sep	BODYPUMP®	Prague	Czech
10-11 Sep	BODYBALANCE®	Warsaw	Polish
17-18 Sep	BODYCOMBAT®	Bucharest	Romanian
17-18 Sep	RPM®	Online	English
17-18 Sep	BODYPUMP®	Online	English
24-25 Sep	BODYBALANCE®	Online	English
24-25 Sep	SH'BAM®	Online	English
24-25 Sep	BODYCOMBAT®	Warsaw	Polish
24-25 Sep	BODYCOMBAT®	Prague	Czech
24-25 Sep	BODYBALANCE®	Bucharest	Romanian

OCTOBER

08-09 Oct	BODYPUMP®	Online	English
08-09 Oct	BODYCOMBAT®	Online	English
08-09 Oct	LES MILLS CORE™	Online	English
29-30 Oct	LES MILLS GRIT®	Online	English

NOVEMBER

05-06 Nov	BODYATTACK®	Online	English
05-06 Nov	BODYPUMP®	Online	English
12-13 Nov	BODYBALANCE®	Online	English
12-13 Nov	LES MILLS SPRINT™	Online	English

DECEMBER

10-11 Dec	BODYPUMP®	Online	English
10-11 Dec	LES MILLS TONE™	Online	English
10-11 Dec	LES MILLS GRIT®	Online	English
10-11 Dec	RPM®	Online	English
10-11 Dec	SH'BAM®	Online	English
17-18 Dec	BODYPUMP®	Warsaw	Polish
17-18 Dec	LES MILLS CORE™	Online	English
17-18 Dec	BODYCOMBAT®	Online	English
17-18 Dec	BODYJAM®	Online	English
17-18 Dec	BODYSTEP®	Online	English

JANUARY - 2023

07-08 Jan	BODYPUMP®	Online	English
07-08 Jan	BODYBALANCE®	Poznan	Polish
14-15 Jan	LES MILLS CORE™	Warsaw	Polish
14-15 Jan	BODYBALANCE®	Online	English
21-22 Jan	BODYATTACK®	Online	English

FEBRUARY - 2023

04-05 Feb	BODYPUMP®	Online	English
04-05 Feb	BODYCOMBAT®	Online	English
04-05 Feb	LES MILLS SPRINT™	Online	English
11-12 Feb	LES MILLS CORE™	Online	English
11-12 Feb	LES MILLS GRIT®	Online	English
11-12 Feb	BODYATTACK®	Warsaw	Polish

MARCH - 2023

04-05 Mar	BODYPUMP®	Warsaw	Polish
18-19 Mar	BODYPUMP®	Online	English
18-19 Mar	BODYATTACK®	Online	English
18-19 Mar	SH'BAM®	Online	English
25-26 Mar	RPM®	Online	English
25-26 Mar	BODYBALANCE®	Online	English

LES MILLS QUALIFICATIONS

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® from June 2022
- LES MILLS TONE™ from June 2022
- LES MILLS SPRINT™ from June 2022
- LES MILLS BARRE™ from October 2022
- BODYJAM® from October 2022
- SH'BAM® from October 2022
- THE TRIP™ from December 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.

***Note:** BODYBALANCE® is BODYFLOW® in Denmark.



ADVANCED TRAINING

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 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.

NEW DATES - COMING SOON!

***Note:** BODYBALANCE® is BODYFLOW® in Denmark.



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 of Group Fitness Management:

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

Education dates 2022

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

Les Mills Nordic
Biblioteksgatan 29, 114 35 Stockholm
nordic@lesmills.com
+46 (8) 556 096 90

LES MILLS