

**LES MILLS NORDIC
QUARTERLY WORKSHOPS
& WEBINARS
Q4-2023**

LES MILLS

Contact: nordic@lesmills.com



UPDATES & IMPORTANT DATES

HEADS-UP GROUP FITNESS MANAGERS

- Instructors have to have an active **Releases Subscription** to be able to book a Quarterly Workshop/Webinar
- Make sure to update your Instructor team in the Club Portal before the **1st of December**.

HEADS-UP INSTRUCTORS

- To book a Quarterly Workshop/ Webinar you have to have an active **Releases Subscription**.

ARE YOU PAYING FOR YOUR RELEASES YOURSELF?

- Check that your payment method is up to date in the Instructor Portal before the **1st of December**.

NEXT QUARTER: Q1-2024

- Releases Upload
Q1-2024 – 27th of February
- Update Team/Payment Method
Before 25th of February
- Quarterly Weeks
Q1 week 9,10,11

**NEW RELEASES
IN THE INSTRUCTOR PORTAL
4TH OF DECEMBER**

NORDIC PRESENTERS WHO ROCK THE NEW RELEASES



BILLY - SWEDEN
[@billymagg](#)

PRESENTS
BODYATTACK
LES MILLS DANCE



KAMIL - POLAND
[@zielakko](#)

PRESENTS
BODYCOMBAT



KONSTA - FINLAND
[@hiit_master](#)

PRESENTS
LES MILLS GRIT



MARIKA - SWEDEN
[@marikajingblad](#)

PRESENTS
BODYBALANCE



SIMON - SWEDEN
[@zupersimon](#)

PRESENTS
BODYATTACK

READY, SET, GO... ONLY ONE MORE QUARTER TO GO

THE FINAL ROUND OF QUARTERLY WORKSHOPS

You requested more workshops with a focus on the BODYPUMP 45-min format which we have added into the mix. We've also added a few early bird 06:45 live and webinar sessions in BODYPUMP and BODYBALANCE as well as a 12:00 o'clock lunch BODYPUMP webinar.

15-Dec

06:45-08:15 CET

BODYPUMP® (45-min format)

Nordic Wellness Drottninggatan - Stockholm

06:45-08:15 CET

BODYPUMP® (45-min format)

Nordic Wellness Backaplan - Gothenburg

12-Dec

06:45-07:45 CET

BODYBALANCE® - Webinar - English

12:00-13:00 CET

BODYPUMP® - Webinar - English

RPM RELEASE 100!

We celebrate RPM RELEASE 100! with an awesome CYCLING PERFORMANCE session. Make sure to book it ASAP and take your ride to the next level. Attending this session counts as a Quarterly workshop for all RPM, LES MILLS SPRINT and THE TRIP instructors.

What's CYCLING PERFORMANCE all about?

Learn about biomechanics and muscle activation in cycling. You will have an opportunity to practice improving your pedal stroke through drills.

10-Dec

11:30-12:45 CET

Nordic Wellness Karlavägen - Stockholm

16-Dec

12:45-14:00 CET

Nordic Wellness Backaplan - Gothenburg

16-Dec

11:30-12:45 CET

Esport Bristol - Helsinki

BOOK YOUR SPOT

QUARTERLY WORKSHOPS

CENTRAL EUROPEAN TIME

| City | Date | Time | Program | Location | Presenter |
|-----------|--------|-------------|----------------------------|--------------------------------|---------------------------|
| STOCKHOLM | 09-Dec | 09:00-10:45 | BODYSTEP® | Nordic Wellness Lindhagen | Pernilla Andersson |
| | 09-Dec | 11:00-12:45 | BODYATTACK® | Nordic Wellness Lindhagen | Billy Magg |
| | 09-Dec | 13:00-14:45 | BODYJAM® | Nordic Wellness Lindhagen | Charlotte Carlén |
| | 10-Dec | 10:45-12:30 | BODYPUMP® | Nordic Wellness Karlavägen | Ida Sarström |
| | 10-Dec | 13:15-14:45 | THE TRIP™ | SATS Stureplan | Mikaela Ahvenainen |
| | 10-Dec | 10:00-11:15 | LES MILLS SPRINT™ | Nordic Wellness Karlavägen | Eerika Bui |
| | 10-Dec | 11:30-12:45 | CYCLING PERFORMANCE | Nordic Wellness Karlavägen | Eerika Bui |
| | 10-Dec | 13:00-14:30 | RPM® RELEASE 100! | Nordic Wellness Karlavägen | Eerika Bui & Ida Sarström |
| | 15-Dec | 06:45-08:15 | BODYPUMP® (45-min format) | Nordic Wellness Drottninggatan | Charlotte Carlén |
| | 16-Dec | 09:30-11:15 | BODYBALANCE® | Nordic Wellness Lindhagen | Marika Jingblad |
| | 16-Dec | 11:30-13:15 | BODYCOMBAT® | Nordic Wellness Lindhagen | Marco Mazza Klemi |
| | 16-Dec | 13:30-14:45 | LES MILLS GRIT® - Strength | Nordic Wellness Lindhagen | Mikaela Ahvenainen |
| | 17-Dec | 09:30-10:45 | LES MILLS CORE™ | Nordic Wellness Lindhagen | Anna-Karin Wikström |
| | 17-Dec | 11:00-12:45 | BODYPUMP® | Nordic Wellness Lindhagen | Marika Jingblad |
| | 17-Dec | 13:00-14:45 | BODYBALANCE® | Nordic Wellness Lindhagen | Marika Jingblad |

QUARTERLY WORKSHOPS

CENTRAL EUROPEAN TIME

| City | Date | Time | Program | Location | Presenter |
|------------|--------|-------------|----------------------------|------------------------------|---------------------------------------|
| GOTHENBURG | 09-Dec | 09:30-11:15 | BODYBALANCE® | Nordic Wellness Stigs Center | Marika Jingblad |
| | 09-Dec | 11:30-13:15 | BODYPUMP® | Nordic Wellness Stigs Center | Marika Jingblad |
| | 09-Dec | 13:30-14:45 | LES MILLS CORE™ | Nordic Wellness Stigs Center | Cristine Skogastierna |
| | 09-Dec | 15:00-16:45 | BODYCOMBAT® | Nordic Wellness Stigs Center | Cristine Skogastierna |
| | 10-Dec | 09:30-10:45 | LES MILLS GRIT® - Strength | Nordic Wellness Stigs Center | Karin Björneloo |
| | 10-Dec | 11:00-12:45 | BODYPUMP® | Nordic Wellness Stigs Center | Karin Björneloo |
| | 10-Dec | 13:00-14:45 | BODYJAM® | Nordic Wellness Stigs Center | Hanna Lundh |
| | 15-Dec | 06:45-08:15 | BODYPUMP® (45-min format) | Nordic Wellness Backaplan | Karin Björneloo |
| | 16-Dec | 11:00-12:30 | RPM® RELEASE 100! | Nordic Wellness Backaplan | Ida Sarström & Ditte Sommer Weinreich |
| | 16-Dec | 12:45-14:00 | CYCLING PERFORMANCE | Nordic Wellness Backaplan | Ida Sarström & Ditte Sommer Weinreich |
| | 16-Dec | 14:15-15:30 | LES MILLS SPRINT™ | Nordic Wellness Backaplan | Ida Sarström |
| | 17-Dec | 10:00-11:30 | THE TRIP™ RELEASE 35 | STC Kungälv Rollsbo | Sara Bohman |
| | 17-Dec | 10:00-11:45 | BODYATTACK® | Nordic Wellness Stigs Center | Simon Nilsson |
| | 17-Dec | 12:00-13:45 | BODYSTEP® | Nordic Wellness Stigs Center | Pernilla Andersson |

QUARTERLY WORKSHOPS

CENTRAL EUROPEAN TIME

| City | Date | Time | Program | Location | Presenter |
|------------|--------|-------------|----------------------------|-------------------------|---------------------------------|
| MALMÖ | 09-Dec | 09:00-10:45 | BODYBALANCE® | Nordic Wellness Emporia | Hanna Lundh |
| | 09-Dec | 11:00-12:45 | BODYCOMBAT® | Nordic Wellness Emporia | Hanna Lundh |
| | 09-Dec | 13:00-14:45 | BODYPUMP® | Nordic Wellness Emporia | Martin Krook |
| | 09-Dec | 15:00-16:15 | LES MILLS GRIT® - Strength | Nordic Wellness Emporia | Martin Krook |
| | 16-Dec | 09:30-11:15 | BODYATTACK® | Nordic Wellness Emporia | Billy Magg |
| | 16-Dec | 11:30-13:15 | BODYSTEP® | Nordic Wellness Emporia | Louise Nilsson |
| | 17-Dec | 13:00-14:15 | LES MILLS SPRINT™ | Nordic Wellness Emporia | Fanny Åhlund |
| | 17-Dec | 14:30-15:45 | LES MILLS CORE™ | Nordic Wellness Emporia | Fanny Åhlund |
| | 09-Dec | 11:15-13:00 | BODYATTACK® | SATS Nygårdsvej | Ditte Sommer Weinreich |
| | 09-Dec | 13:15-15:00 | BODYPUMP® | SATS Nygårdsvej | Ditte Sommer Weinreich |
| COPENHAGEN | 09-Dec | 15:15-17:00 | BODYSTEP® | SATS Nygårdsvej | Ditte Sommer Weinreich |
| | 10-Dec | 13:10-14:55 | BODYJAM® | SATS Falkoner | Claudia Kupferschmidt De La Mau |
| | 10-Dec | 15:10-16:55 | BODYCOMBAT® | SATS Falkoner | Claudia Kupferschmidt De La Mau |
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QUARTERLY WORKSHOPS

CENTRAL EUROPEAN TIME

| City | Date | Time | Program | Location | Presenter |
|----------|--------|-------------|----------------------------|----------------|-----------------|
| OSLO | 10-Dec | 09:00-10:45 | BODYBALANCE® | Condis | Sander Johansen |
| | 10-Dec | 11:00-12:15 | LES MILLS CORE™ | Condis | Sander Johansen |
| | 10-Dec | 12:30-14:15 | BODYPUMP® | Condis | Simon Nilsson |
| | 10-Dec | 14:30-16:15 | BODYATTACK® | Condis | Simon Nilsson |
| HELSINKI | 09-Dec | 09.30-11:15 | BODYBALANCE® | Esport Bristol | Arja Vanhanen |
| | 09-Dec | 11:30-13:15 | BODYPUMP® | Esport Bristol | Konsta Kossi |
| | 09-Dec | 13:30-14:45 | LES MILLS GRIT® - Strength | Esport Bristol | Konsta Kossi |
| | 09-Dec | 15:00-16:15 | LES MILLS CORE™ | Esport Bristol | Karo Nyman |
| | 10-Dec | 09:30-11:15 | BODYATTACK® | Esport Bristol | Niko Viskari |
| | 10-Dec | 11:30-13:15 | BODYSTEP® | Esport Bristol | Hanne Vilpponen |
| | 10-Dec | 13:30-15:15 | BODYCOMBAT® | Esport Bristol | Kipa Tiivola |
| | 16-Dec | 09:30-11:15 | BODYPUMP® | Esport Bristol | Niko Viskari |
| | 16-Dec | 11:30-12:45 | CYCLING PERFORMANCE | Esport Bristol | Eerika Bui |
| | 16-Dec | 13:00-14:30 | THE TRIP™ RELEASE 35 | Esport Bristol | Eerika Bui |

QUARTERLY WORKSHOPS

CENTRAL EUROPEAN TIME

| City | Date | Time | Program | Location | Presenter |
|--------|--------|-------------|----------------------------|--------------------------|-------------------|
| WARSAW | 09-Dec | 09:30-11:15 | BODYBALANCE® | Zdrofit Varso | Natalia Litwiniuk |
| | 09-Dec | 11:30-12:45 | LES MILLS CORE™ | Zdrofit Varso | Szymon Wesolowski |
| | 09-Dec | 13:00-14:45 | BODYPUMP® | Zdrofit Varso | Szymon Wesolowski |
| | 09-Dec | 15:00-16:45 | BODYCOMBAT® | Zdrofit Varso | Kamil Zielinski |
| PRAGUE | 09-Dec | 11:30-13:15 | BODYBALANCE® | Form Factory Vinohradská | Veronika Benesova |
| | 09-Dec | 13:30-15:15 | BODYPUMP® | Form Factory Vinohradská | Veronika Benesova |
| | 09-Dec | 15:30-16:45 | LES MILLS GRIT® - Strength | Form Factory Vinohradská | Eva Dobesova |
| | 16-Dec | 11:30-13:15 | BODYATTACK® | Form Factory Vinohradská | Eva Dobesova |
| | 16-Dec | 13:30-15:15 | BODYCOMBAT® | Form Factory Vinohradská | Ria Hrusovská |
| | 16-Dec | 15:30-16:45 | LES MILLS CORE™ | Form Factory Vinohradská | Ria Hrusovská |

FIT FOR FUTURE - BUCHAREST

CENTRAL EUROPEAN TIME

| Date | Time | Program | Location | Presenter |
|--------|-------------|-----------------------------|-----------|--|
| 25-Nov | 08:45-09:30 | THE TRIP™* | Face Club | Eerika Bui & Kipa Tiivola |
| 25-Nov | 13:45-14:45 | BODYPUMP®* | Face Club | Cristina Constantinescu, Kamil Zielinski, Natalia Litwiniuk & Pawel Jeziorek |
| 25-Nov | 15:00-15:45 | BODYATTACK® - 45 min* | Face Club | Billy Magg, Eva Dobesova & Kipa Tiivola |
| 25-Nov | 16:00-16:30 | LES MILLS CORE™* | Face Club | Natalia Litwiniuk, Pawel Jeziorek, Billy Magg & Eerika Bui |
| 25-Nov | 16:40-17:10 | LES MILLS GRIT® - Strength* | Face Club | Pawel Jeziorek, Kamil Zielinski & Eva Dobesova |
| 25-Nov | 17:15-18:00 | BODYBALANCE® - 45 min* | Face Club | Natalia Litwiniuk |
| 25-Nov | 19:00-20:00 | BODYCOMBAT®* | Face Club | Cristina Constantinescu, Kamil Zielinski & Kipa Tiivola |
| 25-Nov | 20:15-21:15 | LES MILLS SUPRISE | Face Club | Billy Magg |

* Masterclass Only

FIT FOR FUTURE '23 IS HERE!

Brace yourselves for a lineup of 12 mind-blowing classes, including 7 electrifying Les Mills programs! Check out the full schedule on the website.

As a Les Mills instructor, you get 25% discount on all tickets. Just shoot an email to paulina.antas@lesmills.com for your discount code!

This event is not just any event; it's a Quarterly Workshop for Les Mills instructors as well. So, remember to book your spot in the instructor portal

EVENT TICKET

INSTRUCTOR PORTAL

QUARTERLY WEBINARS

CENTRAL EUROPEAN TIME

| ONLINE | Date | Time | Program | Language | Presenter |
|--------|--------|-------------|---------------------------|----------|---|
| | 11-Dec | 19:00-20:00 | BODYPUMP® | English | Elin Atlebond-Steen & Daniel Hansson |
| | 11-Dec | 19:00-20:00 | LES MILLS CORE™ | English | Cristine Skogastierna & Lydia Johansson |
| | 11-Dec | 20:15-21:15 | BODYATTACK® | English | Billy Magg & Simon Nilsson |
| | 11-Dec | 20:15-21:15 | BODYBALANCE® | English | Veronika Benesova & Anna-Karin Wikström |
| | 12-Dec | 06:45-07:45 | BODYBALANCE® | English | Louise Nilsson & Anna-Karin Wikström |
| | 12-Dec | 12:00-13:00 | BODYPUMP® | English | Elin Atlebond-Steen & Daniel Hansson |
| | 12-Dec | 19:00-20:00 | LES MILLS SPRINT™ | English | Fanny Åhlund & Daniel Hansson |
| | 12-Dec | 19:00-20:00 | BODYSTEP® | English | Hanne Vilpponen & Ditte Sommer Weinreich |
| | 12-Dec | 20:15-21:15 | RPM® RELEASE 100! | English | Ditte Sommer Weinreich & Eerika Bui |
| | 12-Dec | 20:15-21:15 | LES MILLS TONE™ | English | Fanny Åhlund |
| | 13-Dec | 19:00-20:00 | BODYBALANCE® | English | Veronika Benesova & Anna-Karin Wikström |
| | 13-Dec | 19:00-20:00 | BODYJAM® | English | Dorotka Baburin & Claudia Kupferschmidt de la Mau |
| | 13-Dec | 20:15-21:15 | BODYCOMBAT® | English | Kamil Zielinski & Claudia Kupferschmidt de la Mau |
| | 13-Dec | 20:15-21:15 | THE TRIP™ RELEASE 35 | English | Eerika Bui & Sara Bohman |
| | 18-Dec | 19:00-20:00 | BODYPUMP® (45-min format) | English | Elin Atlebond-Steen & Daniel Hansson |
| | 18-Dec | 19:00-20:00 | LES MILLS GRIT® | English | Konsta Kossi & Simon Nilsson |
| | 18-Dec | 20:15-21:15 | LES MILLS CORE™ | English | Cristine Skogastierna & Lydia Johansson |
| | 18-Dec | 20:15-21:15 | THE TRIP® RELEASE 34 | English | Eerika Bui |