

LES MILLS NORDIC EDUCATION DATES 2023-2024

- Sweden
- Denmark, Norway & Finland
- Poland, Czech & Romania
- Advanced Training
- Group Fitness Management

BOOK EDUCATION CROSS-COUNTRY

If you want to book an education that's not located in your country, please contact us at nordic@lesmills.com and we'll help you with the registration.



1-DAY ADD-ON EDUCATION

Who can attend a 1-Day Add-On?

All active certified Les Mills Instructors.

What will you learn at a 1-Day Add-On?

You will learn and practice the following program specific key elements:

- Choreography
- Technique
- Coaching
- Connection

You can add-on the following programs:

- BODYATTACK®
- BODYPUMP®
- LES MILLS CORE™
- LES MILLS SPRINT™

1-Day Add-On educations are live and available in Sweden, Denmark and Finland.

How to book?

Contact: nordic@lesmills.com



SWEDEN

DECEMBER

02 Dec	LES MILLS SHAPES™	Gothenburg	Swedish
03 Dec	STRENGTH DEVELOPMENT	Online	English
02-03 Dec	LES MILLS CORE™	Online	English
02-03 Dec	BODYBALANCE®	Gothenburg	Swedish
02-03 Dec	BODYPUMP®	Online	English
02-03 Dec	BODYSTEP®	Online	English
02-03 Dec	RPM®	Online	English
02-03 Dec	LES MILLS DANCE™	Online	English
09-10 Dec	BODYATTACK®	Stockholm	Swedish

JANUARY – 2024

06-07 Jan	BODYBALANCE®	Online	English
06-07 Jan	LES MILLS SPRINT™	Online	English
13 Jan	LES MILLS SHAPES™	Online	English
14 Jan	STRENGTH DEVELOPMENT	Online	English
13-14 Jan	LES MILLS DANCE™	Stockholm	Swedish
13-14 Jan	BODYPUMP®	Stockholm	Swedish

13-14 Jan	BODYJAM®	Gothenburg	Swedish
13-14 Jan	LES MILLS GRIT®	Online	English
13-14 Jan	BODYCOMBAT®	Online	English
13-14 Jan	BORN TO MOVE®	Online	English
20-21 Jan	BODYCOMBAT®	Stockholm	Swedish
20-21 Jan	BODYATTACK®	Gothenburg	Swedish
27-28 Jan	LES MILLS CORE™	Online	English
27-28 Jan	BODYPUMP®	Online	English

FEBRUARY – 2024

03-04 Feb	LES MILLS GRIT®	Stockholm	Swedish
03-04 Feb	BODYBALANCE®	Stockholm	Swedish
10 Feb	LES MILLS SHAPES™	Online	English
11 Feb	STRENGTH DEVELOPMENT	Online	English
10-11 Feb	BODYATTACK®	Online	English
17 Feb	Add On* LES MILLS SPRINT™	Stockholm	Swedish
17-18 Feb	BODYPUMP®	Online	English
17-18 Feb	BODYSTEP®	Online	English
17-18 Feb	BODYJAM®	Online	English
24 Feb	Add On* LES MILLS CORE™	Stockholm	Swedish

24 Feb	Add On* BODYPUMP®	Gothenburg	Swedish
25 Feb	Add On* BODYATTACK®	Stockholm	Swedish

MARCH – 2024

23-24 March	BODYPUMP®	Stockholm	Swedish
23-24 March	LES MILLS SPRINT™	Gothenburg	Swedish
23-24 March	BODYBALANCE®	Online	English

DENMARK, NORWAY & FINLAND

DECEMBER

03 Dec	STRENGTH DEVELOPMENT	Online	English
02-03 Dec	LES MILLS CORE™	Online	English
02-03 Dec	BODYPUMP®	Online	English
02-03 Dec	BODYSTEP®	Online	English
02-03 Dec	RPM®	Online	English
02-03 Dec	LES MILLS DANCE™	Online	English

JANUARY – 2024

06-07 Jan	BODYBALANCE®	Online	English
06-07 Jan	LES MILLS SPRINT™	Online	English
13 Jan	LES MILLS SHAPES™	Online	English
14 Jan	STRENGTH DEVELOPMENT	Online	English
13-14 Jan	BODYPUMP®	Tampere	Finnish
13-14 Jan	LES MILLS GRIT®	Online	English
13-14 Jan	BODYCOMBAT®	Online	English
13-14 Jan	BORN TO MOVE®	Online	English
20 Jan	Add On* BODYATTACK®	Helsinki	Finnish

20 Jan	Add On* LES MILLS CORE™	Copenhagen	English
27 Jan	Add On* LES MILLS CORE™	Helsinki	Finnish
27-28 Jan	LES MILLS CORE™	Online	English
27-28 Jan	BODYPUMP®	Online	English

FEBRUARY – 2024

10-11 Feb	BODYATTACK®	Online	English
10 Feb	LES MILLS SHAPES™	Online	English
11 Feb	STRENGTH DEVELOPMENT	Online	English
17-18 Feb	BODYPUMP®	Online	English
17-18 Feb	BODYSTEP®	Online	English
17-18 Feb	BODYJAM®	Online	English
24-25 Feb	BODYCOMBAT®	Tampere	Finnish
24-25 Feb	BODYPUMP®	Copenhagen	Danish

MARCH– 2024

23 March	Add On* BODYPUMP®	Helsinki	Finnish
23-24 March	BODYBALANCE®	Online	English

23-24 March

BODYCOMBAT®

Copenhagen

Danish

POLAND, CZECH & ROMANIA

DECEMBER

03 Dec	STRENGTH DEVELOPMENT	Online	English
02-03 Dec	LES MILLS CORE™	Online	English
02-03 Dec	BODYPUMP®	Online	English
02-03 Dec	BODYSTEP®	Online	English
02-03 Dec	RPM®	Online	English
02-03 Dec	LES MILLS DANCE™	Online	English

JANUARY – 2024

06-07 Jan	BODYBALANCE®	Online	English
06-07 Jan	LES MILLS SPRINT™	Online	English
13 Jan	LES MILLS SHAPES™	Online	English
14 Jan	STRENGTH DEVELOPMENT	Online	English
13-14 Jan	BODYATTACK®	Prague	Czech
13-14 Jan	LES MILLS GRIT®	Online	English
13-14 Jan	BODYCOMBAT®	Online	English
13-14 Jan	BORN TO MOVE®	Online	English
20-21 Jan	BODYCOMBAT®	Prague	Czech

27-28 Jan	LES MILLS CORE™	Warsaw	Polish
27-28 Jan	BODYPUMP®	Bucharest	Romanian
27-28 Jan	LES MILLS CORE™	Online	English
27-28 Jan	BODYPUMP®	Online	English

FEBRUARY – 2024

03-04 Feb	LES MILLS GRIT®	Prague	Czech
10 Feb	LES MILLS SHAPES™	Online	English
11 Feb	STRENGTH DEVELOPMENT	Online	English
10-11 Feb	BODYPUMP®	Prague	Czech
10-11 Feb	BODYCOMBAT®	Warsaw	Polish
17-18 Feb	LES MILLS GRIT®	Warsaw	Polish
10-11 Feb	BODYATTACK®	Online	English
17-18 Feb	BODYPUMP®	Online	English
17-18 Feb	BODYSTEP®	Online	English
17-18 Feb	BODYJAM®	Online	English
24-25 Feb	BODYPUMP®	Warsaw	Polish

MARCH – 2024

23-24 March

BODYBALANCE®

Warsaw

Polish

23-24 March

BODYCOMBAT®

Bucharest

Romanian

23-24 March

BODYBALANCE®

Online

English

ADVANCED TRAINING

JANUARY – 2024

20-21 Jan	Bucharest	Romanian
27-28 Jan	Gothenburg	Swedish

FEBRUARY – 2024

03-04 Feb	Warsaw	Polish
17-18 Feb	Prague	English
17-18 Feb	Stockholm	Swedish
24-25 Feb	Helsinki	Finnish
24-25 Feb	Oslo	English

MARCH – 2024

23-24 March	Copenhagen	Danish
23-24 March	Online	English

How to book?

Contact: nordic@lesmills.com

GROUP FITNESS MANAGEMENT

14-15 Dec

Online

English

How to book?

Contact: lmn.cxm@lesmills.com