

LES MILLS NORDIC EDUCATION DATES 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.



SWEDEN

MAY

04 May	LES MILLS SHAPES™	Online	English
04-05 May	BODYPUMP®	Gothenburg	Swedish
04-05 May	BODYBALANCE®	Online	English
04-05 May	BODYSTEP®	Online	English
11 May	STRENGTH DEVELOPMENT	Online	English
11-12 May	LES MILLS CORE®	Gothenburg	Swedish
11-12 May	LES MILLS DANCE™ & BODYJAM®	Online	English
18-19 May	LES MILLS GRIT®	Gothenburg	Swedish
18-19 May	LES MILLS CORE®	Online	English
18 May	FUNCTIONAL STRENGTH	Online	English

JUNE

15 Jun	LES MILLS SHAPES™	Online	English
15 Jun	FUNCTIONAL STRENGTH	Online	English
15 Jun	STRENGTH DEVELOPMENT	Online	English

16 Jun	LES MILLS SHAPES™	Online	English
16 Jun	STRENGTH DEVELOPMENT	Online	English
15-16 Jun	BODYPUMP®	Stockholm	Swedish
15-16 Jun	BODYATTACK®	Stockholm	Swedish
15-16 Jun	BODYCOMBAT®	Online	English
15-16 Jun	RPM®	Online	English
15-16 Jun	LES MILLS DANCE™ & BODYJAM®	Gothenburg	Swedish
29-30 Jun	BODYBALANCE®	Stockholm	Swedish
29-30 Jun	BODYPUMP®	Online	English

JULY

06-07 Jul	BODYBALANCE®	Online	English
06-07 Jul	BODYATTACK®	Online	English
06-07 Jul	LES MILLS GRIT®	Online	English

AUGUST

10-11 Aug	BODYPUMP®	Online	English
17 Aug	FUNCTIONAL STRENGTH	Online	English
18 Aug	LES MILLS SHAPES™	Online	English

17-18 Aug	LES MILLS CORE®	Online	English
17-18 Aug	LES MILLS SPRINT™	Online	English
24-25 Aug	LES MILLS DANCE™ & BODYJAM®	Online	English
24-25 Aug	BODYCOMBAT®	Online	English
24-25 Aug	BODYSTEP®	Online	English

SEPTEMBER

21-22 Sep	BODYPUMP®	Stockholm	Swedish
21-22 Sep	BODYBALANCE®	Online	English
21-22 Sep	RPM®	Online	English
28-29 Sep	BODYCOMBAT®	Stockholm	Swedish
28-29 Sep	BODYATTACK®	Gothenburg	Swedish
28-29 Sep	BODYPUMP®	Online	English

OCTOBER

05-06 Oct	BODYPUMP®	Gothenburg	Swedish
05-06 Oct	LES MILLS GRIT®	Online	English
05-06 Oct	LES MILLS CORE®	Online	English
12-13 Oct	BODYATTACK®	Online	English

12-13 Oct	BODYBALANCE®	Gothenburg	Swedish
19-20 Oct	BODYCOMBAT®	Gothenburg	Swedish
19-20 Oct	LES MILLS CORE®	Stockholm	Swedish
26-27 Oct	BODYPUMP®	Online	English

NOVEMBER

02-03 Nov	BODYCOMBAT®	Online	English
16-17 Nov	BODYSTEP®	Online	English
16-17 Nov	LES MILLS SPRINT™	Gothenburg	Swedish
16-17 Nov	BODYBALANCE®	Online	English
30 Nov-01 Dec	BODYBALANCE®	Stockholm	Swedish
30 Nov-01 Dec	LES MILLS DANCE™ & BODYJAM®	Gothenburg	Swedish
30 Nov-01 Dec	BODYPUMP®	Online	English

DENMARK, NORWAY & FINLAND

MAY

04 May	LES MILLS SHAPES™	Online	English
04-05 May	BODYBALANCE®	Online	English
04-05 May	BODYSTEP®	Online	English
11 May	STRENGTH DEVELOPMENT	Online	English
11-12 May	LES MILLS DANCE™ & BODYJAM®	Online	English
18-19 May	BODYCOMBAT®	Helsinki	Finnish
18-19 May	LES MILLS CORE®	Online	English
18 May	FUNCTIONAL STRENGTH	Online	English

JUNE

15 Jun	LES MILLS SHAPES™	Online	English
15 Jun	FUNCTIONAL STRENGTH	Online	English
15 Jun	STRENGTH DEVELOPMENT	Online	English
16 Jun	LES MILLS SHAPES™	Online	English
16 Jun	STRENGTH DEVELOPMENT	Online	English
15-16 Jun	BODYPUMP®	Helsinki	Finnish

15-16 Jun	BODYCOMBAT®	Online	English
15-16 Jun	RPM®	Online	English
29-30 Jun	LES MILLS CORE®	Helsinki	Finnish
29-30 Jun	BODYPUMP®	Online	English

JULY

06-07 Jul	BODYBALANCE®	Online	English
06-07 Jul	BODYATTACK®	Online	English
06-07 Jul	LES MILLS GRIT®	Online	English

AUGUST

10-11 Aug	BODYPUMP®	Online	English
17 Aug	FUNCTIONAL STRENGTH	Online	English
18 Aug	LES MILLS SHAPES™	Online	English
17-18 Aug	LES MILLS CORE®	Online	English
17-18 Aug	LES MILLS SPRINT™	Online	English
24-25 Aug	LES MILLS DANCE™ & BODYJAM®	Online	English
24-25 Aug	BODYCOMBAT®	Online	English
24-25 Aug	BODYSTEP®	Online	English

SEPTEMBER

21-22 Sep	BODYBALANCE®	Online	English
21-22 Sep	RPM®	Online	English
28-29 Sep	LES MILLS DANCE™ & BODYJAM®	Helsinki	Finnish
28-29 Sep	BODYPUMP®	Copenhagen	Danish
28-29 Sep	BODYPUMP®	Online	English

OCTOBER

05-06 Oct	LES MILLS GRIT®	Online	English
05-06 Oct	LES MILLS CORE®	Online	English
12-13 Oct	BODYCOMBAT®	Copenhagen	Danish
12-13 Oct	BODYATTACK®	Online	English
12-13 Oct	BODYBALANCE®	Helsinki	Finnish
19-20 Oct	BODYBALANCE®	Copenhagen	English
26-27 Oct	BODYPUMP®	Online	English
26-27 Oct	BODYPUMP®	Helsinki	Finnish

NOVEMBER

02-03 Nov	BODYCOMBAT®	Online	English
16-17 Nov	BODYSTEP®	Online	English
16-17 Nov	BODYBALANCE®	Online	English
23-24 Nov	BODYPUMP®	Helsinki	Finnish
30 Nov-01 Dec	BODYCOMBAT®	Helsinki	Finnish
30 Nov-01 Dec	BODYPUMP®	Online	English

POLAND, CZECH & ROMANIA

MAY

04 May	LES MILLS SHAPES™	Online	English
04-05 May	BODYBALANCE®	Online	English
04-05 May	BODYSTEP®	Online	English
11 May	STRENGTH DEVELOPMENT	Online	English
11-12 May	LES MILLS DANCE™ & BODYJAM®	Online	English
11-12 May	BODYCOMBAT®	Warsaw	Polish
11-12 May	BODYPUMP®	Bucharest	Romanian
18-19 May	BODYPUMP®	Warsaw	Polish
18-19 May	BODYPUMP®	Prague	Czech
18-19 May	LES MILLS CORE®	Online	English
18 May	FUNCTIONAL STRENGTH	Online	English

JUNE

15 Jun	LES MILLS SHAPES™	Online	English
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15 Jun	STRENGTH DEVELOPMENT	Online	English

16 Jun	LES MILLS SHAPES™	Online	English
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15-16 Jun	BODYCOMBAT®	Online	English
15-16 Jun	BODYBALANCE®	Prague	Czech
15-16 Jun	RPM®	Online	English
29-30 Jun	BODYPUMP®	Online	English

JULY

06-07 Jul	BODYBALANCE®	Online	English
06-07 Jul	BODYATTACK®	Online	English
06-07 Jul	LES MILLS GRIT®	Online	English

AUGUST

10-11 Aug	BODYPUMP®	Online	English
17 Aug	FUNCTIONAL STRENGTH	Online	English
18 Aug	LES MILLS SHAPES™	Online	English
17-18 Aug	BODYPUMP®	Warsaw	Polish

17-18 Aug	LES MILLS CORE®	Online	English
17-18 Aug	LES MILLS SPRINT™	Online	English
24-25 Aug	BODYPUMP®	Prague	Czech
24-25 Aug	LES MILLS DANCE™ & BODYJAM®	Online	English
24-25 Aug	BODYCOMBAT®	Online	English
24-25 Aug	BODYSTEP®	Online	English

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02-03 Nov	BODYCOMBAT®	Online	English
16-17 Nov	BODYSTEP®	Online	English
16-17 Nov	BODYBALANCE®	Online	English
30 Nov-01 Dec	BODYPUMP®	Online	English

ADVANCED TRAINING

OCTOBER

12-13 Oct	Stockholm	Swedish
19-20 Oct	Online	English

How to book?

Contact: nordic@lesmills.com

GROUP FITNESS MANAGEMENT

23-24 May

Online

English

How to book?

Contact: lmn.cxm@lesmills.com