

LES MILLS NORDIC
QUARTERLY WORKSHOPS
& WEBINARS
Q2'24

LES MILLS

Contact: nordic@lesmills.com



UPDATES & IMPORTANT DATES

ATTENTION GROUP FITNESS MANAGERS

- For Quarterly Workshop/Webinar bookings, ensure your instructors have an active Releases Subscription
- Update your team in the Club Portal before the 20th of May.

ATTENTION INSTRUCTORS

- To book your spot for Quarterly Workshops/Webinars you need to have an active Releases Subscription for the specific programs
- To maintain your Les Mills program certification, it's mandatory to attend a minimum of 2 Quarterly workshops/webinars per year and purchase the latest release in your active programs 4 times per year.

ARE YOU PAYING FOR YOUR RELEASES YOURSELF?

- Check that your payment method is up to date in the [Instructor Portal](#) before the 20th of May.

NEXT QUARTER: Q3'24

- Releases Upload Q3'24 on the 27th of August
- Update Team/Payment Method Before the 25th of August
- Quarterly Weeks Q3'24 spans weeks 35, 36, 37.

**NEW RELEASES
In the Instructor Portal
22nd of May**

SPICE UP YOUR Q2'24 TRY A LIMITED EDITION CLASS

LES MILLS FUNCTIONAL STRENGTH

A unique approach to strength training that builds power and athleticism in a fun, balanced, don't think just do it kinda way.

[Book your spot for one of our open masterclasses in the Instructor Portal.](#)

City	Date	Time	Program	Location	Presenter
MALMÖ	25-May	13:45-14:30	LES MILLS FUNCTIONAL STRENGTH™	Nordic Wellness Emporia	Joakim Iivonen
STOCKHOLM	26-May	11:15-12:00	LES MILLS FUNCTIONAL STRENGTH™	Nordic Wellness Lindhagen	Cristine Skogastierna
HELSINKI	26-May	11:45-12:30	LES MILLS FUNCTIONAL STRENGTH™	Esport Bristol	Konsta Kossi
GOTHENBURG	01-Jun	13:30-14:15	LES MILLS FUNCTIONAL STRENGTH™	Nordic Wellness Stigs Center	Simon Nilsson
BERGEN	01-Jun	11:30-12:15	LES MILLS FUNCTIONAL STRENGTH™	Aktiv365 Paradis	Karin Björneloo

LES MILLS STRENGTH DEVELOPMENT

TALLINN	26-May	17:30-18:15	LES MILLS STRENGTH DEVELOPMENT™	Reval Sport	Kamil Zielinski
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LES MILLS SHAPES

Imagine Pilates, barre, and power yoga throwing a party to modern beats. Don't miss out—grab the chance to dive into this exhilarating experience. [Book your spot for one of our open masterclasses in the Instructor Portal.](#)

City	Date	Time	Program	Location	Presenter
AARHUS	25-May	13:15-14:00	LES MILLS SHAPES™	Fitness United Aarhus	Hanna Lundh

[INSTRUCTOR PORTAL](#)

QUARTERLY WORKSHOPS

LOCAL TIME

City	Date	Time	Program	Location	Presenter	
STOCKHOLM	25-May	09:30-10:45	LES MILLS GRIT®	Nordic Wellness Lindhagen	Mikaela Ahvenainen	
	25-May	11:00-13:00	BODYCOMBAT®	Nordic Wellness Lindhagen	Claudia Kupferschmidt de la Mau	
	25-May	13:15-14:45	LES MILLS DANCE™	Nordic Wellness Lindhagen	Billy Magg	
	25-May	15:00-16:45	BODYJAM®	Nordic Wellness Lindhagen	Claudia Kupferschmidt de la Mau	
	26-May	09:30-11:00	LES MILLS CORE™ 45-min Format	Nordic Wellness Lindhagen	Cristine Skogastierna	
	Try a Class	26-May	11:15-12:00	LES MILLS FUNCTIONAL STRENGTH™	Nordic Wellness Lindhagen	Cristine Skogastierna
	26-May	12:15-14:15	BODYPUMP®	Nordic Wellness Lindhagen	Elin Atlebond-Steen	
	26-May	14:30-16:30	BODYBALANCE®	Nordic Wellness Lindhagen	Elin Atlebond-Steen	
	31-May	06:45-08:15	BODYPUMP® 45-min Format	Nordic Wellness Drottninggatan	Anna-Karin Wikström	
	01-Jun	11:00-12:30	THE TRIP™ Release 37	SATS Stureplan	Mikaela Ahvenainen	
01-Jun	12:00-13:45	BODYATTACK®	Nordic Wellness Lindhagen	Fanny Åhlund		
01-Jun	14:00-15:15	LES MILLS CORE™	Nordic Wellness Lindhagen	Fanny Åhlund		
02-Jun	10:00-12:00	BODYBALANCE®	Nordic Wellness Lindhagen	Louise Nilsson		
02-Jun	12:15-14:15	BODYPUMP®	Nordic Wellness Lindhagen	Daniel Hansson		
02-Jun	14:30-15:45	LES MILLS SPRINT™	Nordic Wellness Lindhagen	Daniel Hansson		

QUARTERLY WORKSHOPS

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GOTHENBURG	25-May	09:30-10:45	LES MILLS SPRINT™	Nordic Wellness Backaplan	Ida Sarström	
	25-May	11:00-13:00	BODYPUMP®	Nordic Wellness Backaplan	Ida Sarström	
	25-May	13:15-14:30	LES MILLS GRIT®	Nordic Wellness Backaplan	Marco Mazza Klemi	
	25-May	14:45-16:45	BODYCOMBAT®	Nordic Wellness Backaplan	Marco Mazza Klemi	
	26-May	09:30-11:30	BODYBALANCE®	Nordic Wellness Backaplan	Anna-Karin Wikström	
	26-May	11:45-13:00	LES MILLS CORE™	Nordic Wellness Backaplan	Anna-Karin Wikström	
	26-May	13:15-14:45	LES MILLS DANCE™	Nordic Wellness Backaplan	Dorotka Baburin	
	26-May	15:00-16:45	BODYJAM®	Nordic Wellness Backaplan	Dorotka Baburin	
	31-May	06:45-08:15	BODYPUMP® 45-min Format	Nordic Wellness Backaplan	Karin Björneloo	
	01-Jun	09:30-11:00	LES MILLS CORE™ 45-min Format	Nordic Wellness Stigs Center	Cristine Skogastierna	
	01-Jun	11:15-13:15	BODYPUMP®	Nordic Wellness Stigs Center	Cristine Skogastierna	
	Try a Class	01-Jun	13:30-14:15	LES MILLS FUNCTIONAL STRENGTH™	Nordic Wellness Stigs Center	Simon Nilsson
	01-Jun	14:30-16:15	BODYATTACK®	Nordic Wellness Stigs Center	Simon Nilsson	
	02-Jun	10:00-11:30	THE TRIP™ Release 37	STC Kungälv Rollsbo	Sara Bohman	

QUARTERLY WORKSHOPS

LOCAL TIME

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MALMÖ	25-May	10:00-11:15	LES MILLS SPRINT™	Nordic Wellness Emporia	Daniel Hansson
	25-May	11:30-13:30	BODYPUMP®	Nordic Wellness Emporia	Daniel Hansson
Try a Class	25-May	13.45-14:30	LES MILLS FUNCTIONAL STRENGTH™	Nordic Wellness Emporia	Joakim Iivonen
	25-May	14:45-16:45	BODYCOMBAT®	Nordic Wellness Emporia	Joakim Iivonen
	26-May	12:00-13:15	LES MILLS GRIT®	Nordic Wellness Emporia	Simon Nilsson
	26-May	13:30-15:15	BODYATTACK®	Nordic Wellness Emporia	Simon Nilsson
	01-Jun	09:30-11:30	BODYBALANCE®	Nordic Wellness Emporia	Anna-Karin Wikström
	01-Jun	11:45-13:45	BODYPUMP®	Nordic Wellness Emporia	Anna-Karin Wikström
	01-Jun	14:00-15:15	LES MILLS CORE™	Nordic Wellness Emporia	Niklas Bohlin
	01-Jun	15:30-17:00	LES MILLS DANCE™	Nordic Wellness Emporia	Niklas Bohlin

QUARTERLY WORKSHOPS

LOCAL TIME

City	Date	Time	Program	Location	Presenter
HELSINKI	25-May	09:00-10:45	BODYSTEP®	Forever Herttoniemi	Hanne Vilpponen
	25-May	11:00-12:45	BODYATTACK®	Forever Herttoniemi	Niko Viskari
	25-May	13:00-14:30	LES MILLS DANCE™	Forever Herttoniemi	Kimi Holm
	25-May	14:45-16:30	BODYJAM®	Forever Herttoniemi	Janni Lindgren
Try a Class	26-May	09:30-11:30	BODYPUMP®	Esport Bristol	Konsta Kossi
	26-May	11:45-12:30	LES MILLS FUNCTIONAL STRENGTH™	Esport Bristol	Konsta Kossi
	26-May	12:45-14:00	LES MILLS CORE™	Esport Bristol	Karo Nyman
	26-May	14:15-16:15	BODYCOMBAT®	Esport Bristol	Karo Nyman
	01-Jun	11:00-12:30	THE TRIP™ Release 37	Esport Bristol	Eerika Bui
01-Jun	12:45-14:45	BODYPUMP®	Esport Bristol	Niko Viskari	
01-Jun	15:00-17:00	BODYBALANCE®	Esport Bristol	Arja Vanhanen	
TALLINN	26-May	09:30-11:15	BODYBALANCE®	Reval Sport	Niko Viskari
	26-May	11:30-13:15	BODYPUMP®	Reval Sport	Niko Viskari & Kamil Zielinski
	26-May	13:30-15:15	BODYATTACK®	Reval Sport	Niko Viskari
	26-May	15:30-17:15	BODYCOMBAT®	Reval Sport	Kamil Zielinski
	Try a Class	26-May	17:30-18:15	STRENGTH DEVELOPMENT™	Reval Sport

QUARTERLY WORKSHOPS

LOCAL TIME

City	Date	Time	Program	Location	Presenter	
COPENHAGEN	01-Jun	10:00-12:00	BODYCOMBAT®	PURE GYM Lergravsvej	Claudia Kupferschmidt de la Mau	
	01-Jun	12:15-14:15	BODYPUMP®	PURE GYM Lergravsvej	Ditte Sommer Weinreich	
	01-Jun	14:30-16:45	BODYATTACK®	PURE GYM Lergravsvej	Ditte Sommer Weinreich	
	02-Jun	10:00-12:00	BODYBALANCE®	PURE GYM Lergravsvej	Veronika Benesova	
	02-Jun 1	12:15-14:15	BODYPUMP®	PURE GYM Lergravsvej	Veronika Benesova	
	AARHUS	25-May	11:00-13:00	BODYBALANCE®	Fitness United Aarhus	Hanna Lundh
Try a Class	25-May	13:15-14:00	LES MILLS SHAPES™	Fitness United Aarhus	Hanna Lundh	
	25-May	14:15-16:15	BODYCOMBAT®	Fitness United Aarhus	Hanna Lundh	
	26-May	12:00-14:00	BODYPUMP®	Fitness United Aarhus	Ditte Sommer Weinreich	
	26-May	14:15-16:00	BODYATTACK®	Fitness United Aarhus	Ditte Sommer Weinreich	
BERGEN	01-Jun	09:30-11:15	BODYPUMP®	Aktiv365 Paradis	Karin Björneloo	
	Try a Class	01-Jun	11:30-12:15	LES MILLS FUNCTIONAL STRENGTH™	Aktiv365 Paradis	Karin Björneloo
	01-Jun	12:30-13:45	LES MILLS CORE™	Aktiv365 Paradis	Sander Johansen	
	01-Jun	14:00-15:45	BODYBALANCE®	Aktiv365 Paradis	Sander Johansen	

QUARTERLY WORKSHOPS

LOCAL TIME

City	Date	Time	Program	Location	Presenter
WARSAW	26-May	09:00-10:45	BODYBALANCE®	Zdrofit Varso	Natalia Litwinuk
	26-May	11:00-12:45	BODYPUMP®	Zdrofit Varso	Pawel Jeziorek
	26-May	13:00-14:15	LES MILLS CORE™	Zdrofit Varso	Pawel Jeziorek
	26-May	14:30-16:00	BODYPUMP® 45-min Format	Zdrofit Varso	Szymon Wesolowski
	26-May	16:15-18:00	BODYCOMBAT®	Zdrofit Varso	Szymon Wesolowski
POZNAN	01-Jun	09:30-11:15	BODYBALANCE®	Fabryka Formy Kinapolis	Natalia Litwiniuk
	01-Jun	11:30-12:45	LES MILLS CORE™	Fabryka Formy Kinapolis	Natalia Litwiniuk
	01-Jun	13:00-14:45	BODYPUMP®	Fabryka Formy Kinapolis	Kamil Zielinski
	01-Jun	15:00-16:45	BODYCOMBAT®	Fabryka Formy Kinapolis	Kamil Zielinski
PRAGUE	25-May	12:30-14:15	BODYBALANCE®	Form Factory Karlin	Veronika Benesova
	25-May	14:30-16:15	BODYPUMP®	Form Factory Karlin	Veronika Benesova
	25-May	16:30-18:15	BODYCOMBAT®	Form Factory Karlin	Ria Hrusovska
	26-May	10:00-11:15	LES MILLS CORE™	Form Factory Vinohradská	Ria Hrusovska
	26-May	11:30-12:45	LES MILLS GRIT®	Form Factory Vinohradská	Eva Dobesova
	26-May	13:00-14:45	BODYATTACK®	Form Factory Vinohradská	Eva Dobesova
	26-May	15:00-16:45	BODYCOMBAT®	Form Factory Vinohradská	Eva Dobesova
BUCHAREST	01-Jun	13:00-14:45	BODYPUMP®	World Class ONE Cotroceni	Cristina Constantinescu
	01-Jun	15:00-16:45	BODYCOMBAT®	World Class ONE Cotroceni	Cristina Constantinescu

QUARTERLY WEBINARS

CENTRAL EUROPEAN SUMMER TIME

ONLINE	Date	Time	Program	Language	Presenter
	03-Jun	19:00-20:00	BODYBALANCE®	English	Elin Atlebond-Steen & Louise Nilsson
	03-Jun	19:00-20:00	LES MILLS TONE™	English	Kimi Holm
	03-Jun	20:15-21:15	BODYPUMP®	English	Veronika Benesova & Daniel Hansson
	03-Jun	20:15-21:15	LES MILLS GRIT®	English	Eva Dobesova & Simon Nilsson
	04-Jun	19:00-20:00	BODYCOMBAT®	English	Claudia Kupferschmidt de la Mau & Joakim livonen
	04-Jun	19:00-20:00	BODYPUMP®	Swedish	Elin Atlebond-Steen & Daniel Hansson
	04-Jun	20:15-21:15	LES MILLS CORE™	English	Lydia Johansson & Fanny Åhlund
	04-Jun	20:15-21:15	BODYBALANCE®	Swedish	Elin Atlebond-Steen & Louise Nilsson
	05-Jun	12:00-13:00	BODYPUMP®	English	Elin Atlebond-Steen & Daniel Hansson
	05-Jun	19:00-20:00	BODYJAM®	English	Claudia Kupferschmidt de la Mau & Janni Lindgren
	05-Jun	19:00-20:00	BODYPUMP®	Finnish	Hanne Vilpponen & Niko Viskari
	05-Jun	20:15-21:15	LES MILLS DANCE™	English	Kimi Holm & Dorotka Baburin
	05-Jun	20:15-21:15	BODYCOMBAT®	English	Claudia Kupferschmidt de la Mau & Joakim livonen
	06-Jun	19:00-20:00	THE TRIP® LIVE	English	Eerika Bui
	06-Jun	19:00-20:00	BODYATTACK®	English	Sander Johansen & Lydia Johansson
	06-Jun	20:15-21:15	THE TRIP™ IMMERSIVE	English	Eerika Bui & Sara Bohman
	06-Jun	20:15-21:15	BODYSTEP®	English	Hanne Vilpponen & Ditte Sommer Weinreich
	08-Jun	09:30-10:30	RPM®	English	Ditte Sommer Weinreich & Eerika Bui
	08-Jun	10:45-11:45	LES MILLS SPRINT™	English	Eerika Bui & Kipa Tiivola
	09-Jun	17:30-18:30	BODYPUMP® 45-min Format	English	Veronika Benesova & Daniel Hansson
	09-Jun	18:45-19:45	BODYBALANCE®	English	Elin Atlebond-Steen & Louise Nilsson
	09-Jun	20:00-21:00	LES MILLS CORE™	English	Lydia Johansson & Fanny Åhlund