

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

JULY

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

AUGUST

10-11 Aug	BODYPUMP®	Online	English
11 Aug	STRENGTH DEVELOPMENT	Online	English
17 Aug	FUNCTIONAL STRENGTH	Online	English
17 Aug	LES MILLS PILATES	Online	English
18 Aug	LES MILLS SHAPES™	Online	English
18 Aug	LES MILLS PILATES	Stockholm	Swedish
17-18 Aug	LES MILLS CORE®	Online	English
17-18 Aug	LES MILLS SPRINT™ & RPM®	Online	English
24 Aug	LES MILLS PILATES	Gothenburg	Swedish

24-25 Aug	LES MILLS DANCE™ & BODYJAM®	Online	English
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24-25 Aug	BODYSTEP®	Online	English
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SEPTEMBER

14-15 Sep	BORN TO MOVE®	Online	English
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21 Sep	LES MILLS PILATES	Online	English
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21-22 Sep	BODYPUMP®	Stockholm	Swedish
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21-22 Sep	BODYBALANCE®	Online	English
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21 Sep	FUNCTIONAL STRENGTH	Online	English
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22 Sep	STRENGTH DEVELOPMENT	Online	English
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28-29 Sep	BODYCOMBAT®	Stockholm	Swedish
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28-29 Sep	BODYATTACK®	Gothenburg	Swedish
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28-29 Sep	BODYPUMP®	Online	English
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28-29 Sep	BODYCOMBAT®	Online	English
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OCTOBER

05-06 Oct	BODYPUMP®	Gothenburg	Swedish
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05-06 Oct	LES MILLS GRIT®	Online	English
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05-06 Oct	LES MILLS CORE®	Online	English
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12 Oct	LES MILLS SHAPES™	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 Oct	THE TRIP LIVE	Stockholm	Swedish
26 Oct	FUNCTIONAL STRENGTH	Online	English
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

JANUARY – 2025

11-12 Jan	BODYPUMP®	Stockholm	Swedish
11-12 Jan	BODYBALANCE®	Online	English
11-12 Jan	LES MILLS GRIT®	Online	English
18-19 Jan	BODYCOMBAT®	Stockholm	Swedish
18-19 Jan	BODYATTACK®	Stockholm	Swedish
18-19 Jan	BODYPUMP®	Online	English
18-19 Jan	LES MILLS DANCE™ & BODYJAM®	Online	English
25-26 Jan	LES MILLS CORE®	Gothenburg	Swedish
25-26 Jan	LES MILLS SPRINT™ & RPM®	Online	English

FEBRUARY – 2025

01-02 Feb	LES MILLS DANCE™ & BODYJAM®	Stockholm	Swedish
01-02 Feb	LES MILLS CORE®	Online	English
08-09 Feb	BODYBALANCE®	Gothenburg	Swedish
08-09 Feb	BODYATTACK®	Online	English
15-16 Feb	BODYPUMP®	Gothenburg	Swedish
15-16 Feb	BODYCOMBAT®	Online	English
15-16 Feb	BODYSTEP®	Online	English

MARCH – 2025

15-16 Mar	BODYPUMP®	Online	English
22-23 Mar	BODYPUMP®	Stockholm	Swedish
22-23 Mar	BODYBALANCE®	Online	English
29-30 Mar	LES MILLS CORE®	Stockholm	Swedish

APRIL – 2025

05-06 Apr	BODYATTACK®	Gothenburg	Swedish
05-06 Apr	LES MILLS CORE®	Online	English
05-06 Apr	BODYCOMBAT®	Online	English
12-13 Apr	BODYBALANCE®	Stockholm	Swedish
12-13 Apr	LES MILLS DANCE™ & BODYJAM®	Gothenburg	Swedish
12-13 Apr	LES MILLS GRIT®	Online	English
12-13 Apr	BODYPUMP®	Online	English
26-27 Apr	LES MILLS SPRINT™ & RPM®	Gothenburg	Swedish

DENMARK, NORWAY & FINLAND

JULY

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

AUGUST

10-11 Aug	BODYPUMP®	Online	English
11 Aug	STRENGTH DEVELOPMENT	Online	English
17 Aug	FUNCTIONAL STRENGTH	Online	English
17 Aug	LES MILLS PILATES	Online	English
18 Aug	LES MILLS SHAPES™	Online	English
17-18 Aug	LES MILLS CORE®	Online	English
17-18 Aug	LES MILLS SPRINT™ & RPM®	Online	English
24 Aug	THE TRIP IMMERSIVE	Helsinki	Finnish
24-25 Aug	LES MILLS DANCE™ & BODYJAM®	Online	English
24-25 Aug	BODYSTEP®	Online	English

SEPTEMBER

14-15 Sep	BORN TO MOVE®	Online	English
21 Sep	LES MILLS PILATES	Online	English
21 Sep	FUNCTIONAL STRENGTH	Online	English
21-22 Sep	BODYBALANCE®	Online	English
22 Sep	STRENGTH DEVELOPMENT	Online	English
28-29 Sep	LES MILLS DANCE™ & BODYJAM®	Helsinki	Finnish
28-29 Sep	BODYPUMP®	Copenhagen	English
28-29 Sep	BODYPUMP®	Online	English
28-29 Sep	BODYCOMBAT®	Online	English

OCTOBER

05-06 Oct	LES MILLS GRIT®	Online	English
05-06 Oct	LES MILLS CORE®	Online	English
05-06 Oct	BODYCOMBAT®	Copenhagen	Danish
12 Oct	LES MILLS SHAPES™	Online	English
12-13 Oct	BODYATTACK®	Online	English
12-13 Oct	BODYBALANCE®	Helsinki	Finnish
26 Oct	FUNCTIONAL STRENGTH	Online	English

26-27 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

JANUARY – 2025

11-12 Jan	BODYBALANCE®	Online	English
11-12 Jan	LES MILLS GRIT®	Online	English
18-19 Jan	LES MILLS CORE®	Helsinki	Finnish
18-19 Jan	BODYPUMP®	Online	English
18-19 Jan	LES MILLS DANCE™ & BODYJAM®	Online	English

25-26 Jan	LES MILLS SPRINT™ & RPM®	Online	English
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FEBRUARY – 2025

01-02 Feb	LES MILLS CORE®	Online	English
08-09 Feb	BODYPUMP®	Tampere	Finnish
08-09 Feb	BODYATTACK®	Online	English
15-16 Feb	BODYPUMP®	Copenhagen	Danish
15-16 Feb	BODYBALANCE®	Helsinki	Finnish
15-16 Feb	BODYCOMBAT®	Online	English
15-16 Feb	BODYSTEP®	Online	English

MARCH – 2025

15-16 Mar	BODYPUMP®	Online	English
15-16 Mar	BODYCOMBAT®	Helsinki	Finnish
22-23 Mar	LES MILLS DANCE™ & BODYJAM®	Helsinki	Finnish
22-23 Mar	BODYBALANCE®	Online	English
29-30 Mar	BODYATTACK®	Helsinki	Finnish
29-30 Mar	BODYCOMBAT®	Copenhagen	Danish

APRIL – 2025

05-06 Apr	LES MILLS CORE®	Online	English
05-06 Apr	BODYCOMBAT®	Online	English
12-13 Apr	LES MILLS GRIT®	Online	English
12-13 Apr	BODYPUMP®	Online	English
26-27 Apr	BODYPUMP®	Helsinki	Finnish

POLAND, CZECH & ROMANIA

JULY

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

AUGUST

10-11 Aug	BODYPUMP®	Online	English
11 Aug	STRENGTH DEVELOPMENT	Online	English
17 Aug	FUNCTIONAL STRENGTH	Online	English
17 Aug	LES MILLS PILATES	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™ & RPM®	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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SEPTEMBER

14-15 Sep	BORN TO MOVE®	Online	English
21 Sep	LES MILLS PILATES	Online	English
21-22 Sep	BODYCOMBAT®	Warsaw	Polish
21-22 Sep	BODYBALANCE®	Online	English
21 Sep	FUNCTIONAL STRENGTH	Online	English
22 Sep	STRENGTH DEVELOPMENT	Online	English
28-29 Sep	BODYCOMBAT®	Prague	Czech
28-29 Sep	BODYPUMP®	Bucharest	Romanian
28-29 Sep	LES MILLS GRIT®	Warsaw	Polish
28-29 Sep	BODYPUMP®	Online	English
28-29 Sep	BODYCOMBAT®	Online	English

OCTOBER

05-06 Oct	LES MILLS GRIT®	Online	English
05-06 Oct	LES MILLS CORE®	Online	English

05-06 Oct	BODYATTACK®	Prague	Czech
12 Oct	LES MILLS SHAPES™	Online	English
12-13 Oct	BODYCOMBAT®	Bucharest	Romanian
12-13 Oct	BODYATTACK®	Online	English
26 Oct	FUNCTIONAL STRENGTH	Online	English
26-27 Oct	BODYPUMP®	Warsaw	Polish
26-27 Oct	BODYPUMP®	Online	English

NOVEMBER

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

JANUARY – 2025

18-19 Jan	Bucharest	Romanian
25-26 Jan	Gothenburg	Swedish

FEBRUARY – 2025

08-09 Feb	Stockholm	Swedish
15-16 Feb	Helsinki	Finnish
15-16 Feb	Prague	English

MARCH – 2025

22-23 Mar	Warsaw	Polish
22-23 Mar	Copenhagen	Danish
29-20 Mar	Online	English

How to book?

Contact: nordic@lesmills.com

GROUP FITNESS MANAGEMENT

07-08 Nov

Online

Swedish

How to book?

Contact: lmn.cxm@lesmills.com