

**LES MILLS NORDIC
QUARTERLY WORKSHOPS
& WEBINARS
Q3'24**

LES MILLS

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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 25th of August.

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 [LES MILLS CONNECT](#) before the 25th of August.

NEXT QUARTER: Q4'24

- Releases Upload Q4'24 on the 03rd of December
- Update Team/Payment Method Before the 01st of December
- Quarterly Weeks Q4'24 week 49, 50.

NEW RELEASES
Will be uploaded on the:
27th of August

LES MILLS EXPERIENCE 01-SEP | QUARTERLY WORKSHOPS

LOCAL TIME

STOCKHOLM

Date	Time	Program	Location	Presenter
01-Sep	08:00-08:45	BODYPUMP® 45 min	Clarion Sign	Fanny Åhlund, Cristine Skogastierna & Michael Steenhouwer
FULLY BOOKED	09:00-09:45	BODYPUMP® 45 min	Clarion Sign	Steve Tansey, Kipa Tiivola & Veronika Benesova
FULLY BOOKED	10:00-10:45	LES MILLS FUNCTIONAL STRENGTH™ 45 min	Clarion Sign	Cristine Skogastierna & Elin Hellström
FULLY BOOKED	11:00-11:30	LES MILLS CORE™ 30 min	Clarion Sign	Niklas Bohlin, Elin Hellström & Fanny Åhlund
01-Sep	12:00-12:45	BODYATTACK® 45 min	Clarion Sign	Billy Magg, Fanny Åhlund & Kipa Tiivola
FULLY BOOKED	13:00-14:00	BODYCOMBAT® 100 60 min	Clarion Sign	Steve Tansey, Michael Steenhouwer, Hanna Lundh, Kipa Tiivola & Cristine Skogastierna
01-Sep	14:15-15:00	LES MILLS DANCE™ 45 min	Clarion Sign	Billy Magg, Dorotka Baburin & Niklas Bohlin
01-Sep	15:15-16:00	BODYJAM® 45 min	Clarion Sign	Dorotka Baburin, Hanna Lundh & Niklas Bohlin
FULLY BOOKED	16:15-17:00	LES MILLS PILATES™ 45 min	Clarion Sign	Louise Nilsson & Veronika Benesova
FULLY BOOKED	17:15-18:00	BODYBALANCE® 45 min	Clarion Sign	Veronika Benesova, Hanna Lundh & Louise Nilsson

LES MILLS EXPERIENCE in Stockholm counts as a Quarterly Workshop.

STOCKHOLM

Date	Time	Program	Location	Presenter
06-Sep	06:45-08:30	BODYBALANCE®	Nordic Wellness Drottninggatan	Marika Jingblad
06-Sep	17:30-19:15	BODYCOMBAT® 100	Nordic Wellness Lindhagen	Marco Mazza Klemi
08-Sep	13:00-14:30	THE TRIP™ 38 IMMERSIVE	SATS Stureplan	Mikaela Ahvenainen

SUPER QUARTERLY | QUARTERLY WORKSHOPS

LOCAL TIME

GOTHENBURG

Date	Time	Program	Location	Presenter
31-Aug	10:00-11:30	THE TRIP™ 38 IMMERSIVE	STC Rollsbo	Sara Bohman
07-Sep	09:00-09:45	BODYPUMP® 45	Nordic Wellness Backaplan	Charlotte Carlen & Daniel Hansson
07-Sep	10:00-11:00	BODYATTACK®	Nordic Wellness Backaplan	Sander Johansen & Billy Magg
07-Sep	11:15-12:15	BODYJAM®	Nordic Wellness Backaplan	Hanna Lundh & Charlotte Carlen
07-Sep	12:30-13:15	LES MILLS DANCE™	Nordic Wellness Backaplan	Billy Magg & Charlotte Carlen
07-Sep	13:30-14:15	BODYCOMBAT® 100 lecture	Nordic Wellness Backaplan	Hanna Lundh & Marco Mazza Klemi
07-Sep	14:30-15:30	BODYCOMBAT® 100	Nordic Wellness Backaplan	Hanna Lundh & Marco Mazza Klemi
07-Sep	15:45-16:30	LES MILLS PILATES™	Nordic Wellness Backaplan	Sander Johansen
07-Sep	16:45-17:45	BODYBALANCE®	Nordic Wellness Backaplan	Hanna Lundh & Sander Johansen
08-Sep	10:00-10:30	LES MILLS SPRINT™	Nordic Wellness Backaplan	Daniel Hansson
08-Sep	10:45-11:15	LES MILLS GRIT®	Nordic Wellness Backaplan	Karin Björneloo & Simon Nilsson
08-Sep	11:30-12:15	Lecture Performance	Nordic Wellness Backaplan	Simon Nilsson
08-Sep	12:30-13:00	LES MILLS CORE™	Nordic Wellness Backaplan	Karin Björneloo & Daniel Hansson
08-Sep	13:15-14:15	BODYPUMP®	Nordic Wellness Backaplan	Daniel Hansson & Karin Björneloo

SUPER QUARTERLY | QUARTERLY WORKSHOPS

LOCAL TIME

MALMÖ

Date	Time	Program	Location	Presenter
07-Sep	10:00-11:00	BODYPUMP®	Nordic Wellness Emporia	Simon Nilsson & Anna-Karin Wikström
07-Sep	11:15-11:45	LES MILLS CORE™	Nordic Wellness Emporia	Fanny Åhlund & Anna-Karin Wikström
07-Sep	12:00-12:30	LES MILLS SPRINT™	Nordic Wellness Emporia	Fanny Åhlund
07-Sep	12:45-13:30	Lecture Performance	Nordic Wellness Emporia	Simon Nilsson
07-Sep	13:45-14:45	BODYATTACK®	Nordic Wellness Emporia	Simon Nilsson & Fanny Åhlund
07-Sep	15:00-15:45	LES MILLS PILATES™	Nordic Wellness Emporia	Anna-Karin Wikström
08-Sep	09:30-10:30	BODYBALANCE®	Nordic Wellness Emporia	Hanna Lundh & Anna-Karin Wikström
08-Sep	10:45-11:30	BODYPUMP® 45	Nordic Wellness Emporia	Anna-Karin Wikström & Charlotte Carlen
08-Sep	11:45-12:15	LES MILLS GRIT®	Nordic Wellness Emporia	Marco Mazza Klemi & Hanna Lundh
08-Sep	12:30-13:15	BODYCOMBAT® 100 - Lecture	Nordic Wellness Emporia	Marco Mazza Klemi & Hanna Lundh
08-Sep	13:30-14:30	BODYCOMBAT® 100	Nordic Wellness Emporia	Marco Mazza Klemi & Hanna Lundh
08-Sep	14:45-15:30	LES MILLS DANCE™	Nordic Wellness Emporia	Charlotte Carlen & Dorotka Baburin
08-Sep	15:45-16:45	BODYJAM®	Nordic Wellness Emporia	Charlotte Carlen & Dorotka Baburin

LES MILLS EXPERIENCE 08-SEP | QUARTERLY WORKSHOPS

LOCAL TIME

TAMPERE

Date	Time	Program	Location	Presenter
FULLY BOOKED	08:00-08:45	BODYPUMP® 45 min	GOGO Park	Susanna Varsanpää & Konsta Kossi
FULLY BOOKED	09:00-09:45	BODYPUMP® 45 min	GOGO Park	Michael Steenhouwer & Elin Atlebond-Steen
FULLY BOOKED	10:00-10:30	LES MILLS FUNCTIONAL STRENGTH™ 30 min	GOGO Park	Konsta Kossi
FULLY BOOKED	10:45-11:45	BODYCOMBAT® 100 60 min	GOGO Park	Michael Steenhouwer, Claudia Kupferschmidt de la Mau, Joakim Iivonen & Kipa Tiivola
FULLY BOOKED	12:00-12:45	BODYATTACK® 45 min	GOGO Park	Susanna Varsanpää & Kipa Tiivola
FULLY BOOKED	13:00-13:45	LES MILLS PILATES™ 45 min	GOGO Park	Kimi Holm & Joakim Iivonen
FULLY BOOKED	14:00-14:45	BODYBALANCE® 45 min	GOGO Park	Elin Atlebond-Steen & Susanna Varsanpää
FULLY BOOKED	15:00-15:30	LES MILLS CORE™ 30 min	GOGO Park	Eerika Bui & Elin Atlebond-Steen
FULLY BOOKED	15:45-16:30	LES MILLS SHAPES™ 45 min	GOGO Park	Kimi Holm & Joakim Iivonen
FULLY BOOKED	16:45-17:30	BODYJAM® 45 min	GOGO Park	Janni Lindgren & Claudia Kupferschmidt de la Mau
FULLY BOOKED	17:45-18:30	LES MILLS DANCE™ 45 min	GOGO Park	Kimi Holm & Janni Lindgren
FULLY BOOKED	13:45-14:30	THE TRIP® 38 IMMERSIVE 45 min	GOGO Park	Kipa Tiivola
FULLY BOOKED	16:00-16:45	THE TRIP® 38 IMMERSIVE 45 min	GOGO Park	Eerika Bui
FULLY BOOKED	11:15-12:00	LES MILLS CONQUER™ 45 min	GOGO Park	Konsta Kossi
FULLY BOOKED	12:30-13:15	BODYCOMBAT® 100 - Lecture	GOGO Park	Claudia Kupferschmidt de la Mau
FULLY BOOKED	13:45-14:30	LES MILLS CONQUER™ 45 min	GOGO Park	Konsta Kossi
FULLY BOOKED	14:45-15:30	LES MILLS CONQUER™ 45 min	GOGO Park	Konsta Kossi

LES MILLS EXPERIENCE in Tampere counts as a Quarterly Workshop.

[EVENT IS FULLY BOOKED]

SUPER QUARTERLY | QUARTERLY WORKSHOPS

LOCAL TIME

TØNSBERG

Date	Time	Program	Location	Presenter
31-Aug	09:00-10:00	BODYBALANCE®	Family Sportsclub Tønsberg	Sander Johansen
31-Aug	10:15-11:00	LES MILLS PILATES™	Family Sportsclub Tønsberg	Sander Johansen
31-Aug	11:15-12:00	LES MILLS FUNCTIONAL STRENGTH™	Family Sportsclub Tønsberg	Simon Nilsson
31-Aug	12:15-13:15	BODYPUMP®	Family Sportsclub Tønsberg	Simon Nilsson
31-Aug	13:30-14:15	Lecture Performance	Family Sportsclub Tønsberg	Sander Johansen
31-Aug	14:30-15:30	BODYATTACK®	Family Sportsclub Tønsberg	Simon Nilsson & Sander Johansen
31-Aug	15:45-16:15	LES MILLS CORE™	Family Sportsclub Tønsberg	Sander Johansen

AARHUS

Date	Time	Program	Location	Presenter
07-Sep	11:30-12:15	BODYCOMBAT® 100 - Lecture	BELOUD	Claudia Kupferschmidt de la Mau
07-Sep	12:30-13:00	LES MILLS DANCE™	BELOUD	Claudia Kupferschmidt de la Mau
07-Sep	13:00-14:00	BODYCOMBAT® 100	BELOUD	Claudia Kupferschmidt de la Mau

BE LOUD in Århus counts as a Quarterly Workshop.

SUPER QUARTERLY | QUARTERLY WORKSHOPS

LOCAL TIME

WARSAW

Date	Time	Program	Location	Presenter
08-Sep	08:00-09:00	BODYPUMP®	Total Fitness Ochota	Cristine Skogastierna & Veronika Benesova
08-Sep	09:15-09:45	LES MILLS GRIT®	Total Fitness Ochota	Eva Dobesova & Pawel Jeziorek
08-Sep	10:00-10:45	LES MILLS FUNCTIONAL STRENGTH™	Total Fitness Ochota	Cristine Skogastierna & Kamil Zielinski
08-Sep	11:00-11:30	LES MILLS CORE™	Total Fitness Ochota	Pawel Jeziorek & Natalia Litwiniuk
08-Sep	11:45-12:45	BODYCOMBAT® 100	Total Fitness Ochota	Kamil Zielinski & Cristine Skogastierna
08-Sep	13:00-13:45	BODYATTACK®	Total Fitness Ochota	Pawel Jeziorek & Eva Dobesova
08-Sep	14:00-14:45	LES MILLS PILATES™	Total Fitness Ochota	Veronika Benesova & Natalia Litwiniuk
08-Sep	15:00-15:45	BODYBALANCE®	Total Fitness Ochota	Veronika Benesova & Natalia Litwiniuk

KRAKOW

Date	Time	Program	Location	Presenter
01-Sep	12:00-13:45	BODYPUMP®	Fitness Platinum Solvay	Szymon Wesolowski

PRAGUE

Date	Time	Program	Location	Presenter
07-Sep	09:00-10:00	BODYPUMP®	Form Factory Vinohradská	Veronika Benesova & Cristina Constantinescu
07-Sep	10:15-10:45	LES MILLS GRIT®	Form Factory Vinohradská	Eva Dobesova & Cristina Constantinescu
07-Sep	11:00-11:45	LES MILLS FUNCTIONAL STRENGTH™	Form Factory Vinohradská	Kamil Zielinski
07-Sep	12:00-12:30	LES MILLS CORE™	Form Factory Vinohradská	Ria Hrusovska & Natalia Litwiniuk
07-Sep	12:45-13:45	BODYCOMBAT® 100	Form Factory Vinohradská	Kamil Zielinski, Cristina Constantinescu & Ria Hrusovska
07-Sep	14:00-14:45	BODYATTACK®	Form Factory Vinohradská	Eva Dobesova & Veronika Benesova
07-Sep	15:00-15:45	LES MILLS PILATES™	Form Factory Vinohradská	Veronika Benesova & Natalia Litwiniuk
07-Sep	16:00-17:00	BODYBALANCE®	Form Factory Vinohradská	Veronika Benesova & Natalia Litwiniuk

SUPER QUARTERLY | QUARTERLY WORKSHOPS

LOCAL TIME

KOSICE

Date	Time	Program	Location	Presenter
15-Sep	09:00-10:00	BODYCOMBAT® 100	Neonka Optima	Steve Tansey
15-Sep	10:15-11:15	Lecture	Neonka Optima	Steve Tansey
15-Sep	11:30-12:30	BODYPUMP®	Neonka Optima	Steve Tansey

BUCHAREST

Date	Time	Program	Location	Presenter
01-Sep	12:30-13:30	BODYPUMP®	World Class ONE Cotroceni	Cristina Constantinescu
01-Sep	13:45-14:30	Lecture Performance	World Class ONE Cotroceni	Cristina Constantinescu
01-Sep	14:45-15:45	BODYCOMBAT® 100	World Class ONE Cotroceni	Cristina Constantinescu
01-Sep	16:00-16:45	BODYCOMBAT® 100 - Lecture	World Class ONE Cotroceni	Cristina Constantinescu

QUARTERLY WEBINARS

CENTRAL EUROPEAN SUMMER TIME

ONLINE	Date	Time	Program	Language	Presenter
	21-Aug	19:00-20:00	BORN TO MOVE®	English	Fanny Åhlund
	08-Sep	18:00-19:00	BODYBALANCE®	English	Marika Jingblad & Louise Nilsson
	08-Sep	19:15-20:15	BODYPUMP®	English	Simon Nilsson & Olivia Lundqvist
	08-Sep	20:30-21:30	BODYCOMBAT® 100	English	Hanna Lundh & Rachel Newsham
	09-Sep	19:00-20:00	BODYSTEP®	English	Hanne Vilpponen & Louise Nilsson
	09-Sep	20:15-21:15	BODYATTACK®	English	Lydia Johansson & Kipa Tiivola
	10-Sep	19:00-20:00	BODYPUMP®	Swedish	Simon Nilsson & Elin Atlebond-Steen
	10-Sep	20:15-21:15	BODYBALANCE®	Swedish	Marika Jingblad & Elin Atlebond-Steen
	11-Sep	12:00-13:00	BODYPUMP®	English	Elin Atlebond-Steen & Daniel Hansson
	11-Sep	19:00-20:00	RPM®	English	Eerika Bui
	11-Sep	20:15-21:15	LES MILLS SPRINT™	English	Daniel Hansson & Kipa Tiivola
	12-Sep	19:00-20:00	THE TRIP™ IMMERSIVE	English	Eerika Bui
	12-Sep	20:15-21:15	BODYPUMP®	English	Daniel Hansson & Olivia Lundqvist
	13-Sep	17:00-18:00	BODYCOMBAT® 100	English	Hanna Lundh & Claudia Kupferschmidt de la Mau
	13-Sep	18:15-19:15	LES MILLS CORE™	English	Marika Jingblad & Fanny Åhlund
	14-Sep	09:30-10:30	BODYBALANCE®	English	Elin Atlebond-Steen & Marika Jingblad
	14-Sep	10:45-11:45	LES MILLS DANCE™	English	Kimi Holm & Dorotka Baburin
	14-Sep	12:00-13:00	BODYJAM®	English	Claudia Kupferschmidt de la Mau & Dorotka Baburin
	15-Sep	17:30-18:30	LES MILLS TONE™	English	Kimi Holm & Fanny Åhlund
	15-Sep	18:45-19:45	LES MILLS CORE™	English	Marika Jingblad & Fanny Åhlund
	15-Sep	20:00-21:00	LES MILLS GRIT®	English	Eva Dobesova & Konsta Kossi