

LES MILLS NORDIC EDUCATION DATES 2024-2025

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

BOOK INITIAL TRAINING

You can either book through [Les Mills Connect](#), both as a club and instructor, or email nordic@lesmills.com and we'll help you with the registration.



SWEDEN

NOVEMBER

30 Nov-1 Dec	BODYBALANCE®	Stockholm	Swedish
30 Nov-1 Dec	LES MILLS DANCE™ & BODYJAM®	Gothenburg	Swedish
30 Nov-1 Dec	BODYPUMP®	Online	English

DECEMBER

1 Dec	LES MILLS PILATES™	Online	English
1 Dec	FUNCTIONAL STRENGTH™	Online	English

JANUARY – 2025

11 Jan	LES MILLS PILATES™	Online	English
11-12 Jan	BODYPUMP®	Stockholm	Swedish
11-12 Jan	BORN TO MOVE®	Gothenburg	Swedish
11-12 Jan	BODYBALANCE®	Online	English
11-12 Jan	LES MILLS GRIT®	Online	English
12 Jan	FUNCTIONAL STRENGTH™	Online	English
18 Jan	LES MILLS SHAPES™	Online	English
18 Jan	THE TRIP® IMMERSIVE	Stockholm	Swedish

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
18-19 Jan	LES MILLS TONE™	Online	English
25 Jan	STRENGTH DEVELOPMENT™	Online	English
25-26 Jan	LES MILLS CORE®	Gothenburg	Swedish
25-26 Jan	LES MILLS SPRINT™ & RPM®	Online	English

FEBRUARY – 2025

1-2 Feb	LES MILLS CORE®	Online	English
8-9 Feb	BODYBALANCE®	Gothenburg	Swedish
8-9 Feb	BODYATTACK®	Online	English
15-16 Feb	BODYPUMP®	Gothenburg	Swedish
15-16 Feb	BODYCOMBAT®	Online	English
15-16 Feb	BODYSTEP®	Online	English
23 Feb	LES MILLS PILATES™	Gothenburg	Swedish

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

5-6 Apr	BODYATTACK®	Gothenburg	Swedish
5-6 Apr	LES MILLS CORE®	Online	English
5-6 Apr	BODYCOMBAT®	Online	English
12-13 Apr	BODYBALANCE®	Stockholm	Swedish
12-13 Apr	LES MILLS DANCE™ & BODYJAM®	Stockholm	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

NOVEMBER

30 Nov-1 Dec	BODYCOMBAT®	Helsinki	Finnish
30 Nov-1 Dec	BODYPUMP®	Online	English

DECEMBER

1 Dec	LES MILLS PILATES™	Online	English
1 Dec	FUNCTIONAL STRENGTH™	Online	English

JANUARY – 2025

11 Jan	LES MILLS PILATES™	Online	English
11-12 Jan	BODYBALANCE®	Online	English
11-12 Jan	LES MILLS GRIT®	Online	English
12 Jan	FUNCTIONAL STRENGTH™	Online	English
18 Jan	LES MILLS SHAPES™	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
18-19 Jan	LES MILLS TONE™	Online	English

25 Jan	STRENGTH DEVELOPMENT™	Online	English
25-26 Jan	LES MILLS SPRINT™ & RPM®	Online	English

FEBRUARY – 2025

1-2 Feb	LES MILLS CORE®	Online	English
8-9 Feb	BODYPUMP®	Helsinki	Finnish
8-9 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

5-6 Apr	LES MILLS CORE®	Online	English
5-6 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

NOVEMBER

30 Nov-1 Dec	BODYPUMP®	Online	English
--------------	-----------	--------	---------

DECEMBER

1 Dec	LES MILLS PILATES™	Online	English
-------	--------------------	--------	---------

1 Dec	FUNCTIONAL STRENGTH™	Online	English
-------	----------------------	--------	---------

JANUARY – 2025

11 Jan	LES MILLS PILATES™	Online	English
--------	--------------------	--------	---------

11-12 Jan	BODYBALANCE®	Online	English
-----------	--------------	--------	---------

11-12 Jan	LES MILLS GRIT®	Online	English
-----------	-----------------	--------	---------

11-12 Jan	LES MILLS SPRINT™ & RPM®	Warsaw	Polish
-----------	--------------------------	--------	--------

12 Jan	FUNCTIONAL STRENGTH™	Online	English
--------	----------------------	--------	---------

18 Jan	LES MILLS SHAPES™	Online	English
--------	-------------------	--------	---------

18-19 Jan	BODYPUMP®	Online	English
-----------	-----------	--------	---------

18-19 Jan	LES MILLS DANCE™ & BODYJAM®	Online	English
-----------	-----------------------------	--------	---------

18-19 Jan	LES MILLS TONE™	Online	English
-----------	-----------------	--------	---------

25 Jan	STRENGTH DEVELOPMENT™	Online	English
--------	-----------------------	--------	---------

25-26 Jan	LES MILLS SPRINT™ & RPM®	Online	English
25-26 Jan	BODYPUMP®	Warsaw	Polish
25-26 Jan	BODYPUMP®	Prague	Czech
25-26 Jan	BODYPUMP®	Bucharest	Romanian

FEBRUARY – 2025

1-2 Feb	LES MILLS CORE®	Online	English
1-2 Feb	BODYCOMBAT®	Warsaw	Polish
1-2 Feb	LES MILLS GRIT®	Prague	Czech
8-9 Feb	BODYCOMBAT®	Bucharest	Romanian
8-9 Feb	BODYATTACK®	Online	English
15-16 Feb	BODYATTACK®	Warsaw	Polish
15-16 Feb	BODYCOMBAT®	Online	English
15-16 Feb	BODYSTEP®	Online	English

MARCH – 2025

15-16 Mar	BODYPUMP®	Online	English
15-16 Mar	BODYBALANCE®	Warsaw	Polish
22-23 Mar	LES MILLS CORE®	Prague	Czech
22-23 Mar	BODYBALANCE®	Online	English
29-30 Mar	BODYBALANCE®	Prague	Czech

29-30 Mar	BODYBALANCE®	Bucharest	English
-----------	--------------	-----------	---------

APRIL – 2025

5-6 Apr	LES MILLS CORE®	Online	English
---------	-----------------	--------	---------

5-6 Apr	BODYCOMBAT®	Online	English
---------	-------------	--------	---------

12-13 Apr	LES MILLS GRIT®	Online	English
-----------	-----------------	--------	---------

12-13 Apr	BODYPUMP®	Online	English
-----------	-----------	--------	---------

ADVANCED TRAINING

JANUARY – 2025

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

FEBRUARY – 2025

8-9 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

Advanced Training is all about helping you grow as an instructor by uncovering your strengths, boosting your teaching skills, and stepping up as a Fitness Leader. You'll learn how to tap into the core of your program and make each class an even better experience for your participants.

This fun 2-day course is available both live and online, so you can choose what works best for you. Whether you're looking to refine your style or bring more energy to your classes, **Advanced Training** is your next step!

Read more about Advanced Training [here](#).

GROUP FITNESS MANAGEMENT

20-21 Feb 2025	Online	Swedish
2025 date TBC	Online	English

How to book?

Contact: lmn.cxm@lesmills.com

Group Fitness Management gives club owners, fitness managers, and similar roles the key insights you need to take your club's performance to the next level. With practical tips and strategies, you'll be able to improve operations, keep your members happy, and boost overall success.

Want to learn more? Check out Group Fitness Management [**here!**](#)