

**LES MILLS NORDIC
QUARTERLY WORKSHOPS
& WEBINARS
Q4'24**

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 [LES MILLS CONNECT](#) before the 1st of December.

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 1st of December.

Q4'24 QUARTERLY WORKSHOPS STRUCTURE

- The Quarterly Workshops consist of a full Masterclass and a 45-min Education session with the exception of the Fit for Future event.

NEXT QUARTER: Q1'25

- Releases Upload
Q1'25 on the 25th of February.
- Update Team/Payment Method
Before the 23rd of February.
- Quarterly Weeks
Q1'25 week 8, 9, 10.

**NEW RELEASES
Will be uploaded on the:
3rd of December**

QUARTERLY WORKSHOPS

LOCAL TIME

STOCKHOLM

Date	Time	Program	Location	Presenter
06-Dec	06:45-08:15	BODYPUMP® 45-min format	Nordic Wellness Drottninggatan	Anna-Karin Wikström
07-Dec	09:30-11:15	BODYJAM®	Nordic Wellness Lindhagen	Dorotka Baburin
07-Dec	11:30-13:00	LES MILLS DANCE™	Nordic Wellness Lindhagen	Billy Magg
07-Dec	13:15-15:00	BODYBALANCE®	Nordic Wellness Lindhagen	Anna-Karin Wikström & Teresia Björkqvist
07-Dec	15:15-17:00	BODYATTACK®	Nordic Wellness Lindhagen	Billy Magg
08-Dec	10:00-11:45	BODYPUMP®	Nordic Wellness Lindhagen	Anna-Karin Wikström
08-Dec	12:00-13:15	LES MILLS CORE™	Nordic Wellness Lindhagen	Niklas Bohlin & Teresia Björkqvist
08-Dec	13:30-14:45	LES MILLS GRIT® STRENGTH	Nordic Wellness Lindhagen	Niklas Bohlin
13-Dec	06:45-08:15	BODYBALANCE® 45-min format	Nordic Wellness Drottninggatan	Teresia Björkqvist & Jimmy Tang
14-Dec	10:30-12:00	THE TRIP™ IMMERSIVE	SATS Stureplan	Eerika Bui
14-Dec	09:30-11:00	BODYPUMP® 45-min format	Nordic Wellness Karlavägen	Fanny Åhlund
14-Dec	11:15-13:00	BODYCOMBAT®	Nordic Wellness Karlavägen	Claudia Kupferschmidt de la Mau
14-Dec	13:15-14:30	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Eerika Bui
14-Dec	14:45-16:15	RPM®	Nordic Wellness Karlavägen	Eerika Bui & Helena Ljungström

QUARTERLY WORKSHOPS

LOCAL TIME

GÖTEBORG

Date	Time	Program	Location	Presenter
06-Dec	06:45-08:15	BODYPUMP® 45-min format	Nordic Wellness Backaplan	Karin Björneloo
07-Dec	10:00-11:45	BODYPUMP®	Nordic Wellness Backaplan	Cristine Skogastierna
07-Dec	12:00-13:15	LES MILLS CORE™	Nordic Wellness Backaplan	Sander Johansen
07-Dec	13:30-15:15	BODYATTACK®	Nordic Wellness Backaplan	Sander Johansen
07-Dec	13:45-15:00	LES MILLS SPRINT™	Nordic Wellness Backaplan	Bas Hollander
07-Dec	15:15-16:45	RPM®	Nordic Wellness Backaplan	Bas Hollander
08-Dec	09:30-11:15	BODYBALANCE®	Nordic Wellness Backaplan	Hanna Lundh
08-Dec	11:30-13:00	BODYPUMP® 45-min format	Nordic Wellness Backaplan	Karin Björneloo & Elina Ekelund
08-Dec	13:15-15:00	BODYCOMBAT®	Nordic Wellness Backaplan	Joakim Iivonen & Elina Ekelund
08-Dec	15:15-16:30	LES MILLS GRIT® STRENGTH	Nordic Wellness Backaplan	Joakim Iivonen
14-Dec	10:00-11:30	THE TRIP™ IMMERSIVE	STC Rollsbo	Sara Bohman

QUARTERLY WORKSHOPS

LOCAL TIME

MALMÖ

Date	Time	Program	Location	Presenter
14-Dec	11:00-12:45	BODYBALANCE®	Nordic Wellness Emporia	Louise Nilsson
14-Dec	13:00-14:45	BODYPUMP®	Nordic Wellness Emporia	Simon Nilsson
14-Dec	15:00-16:45	BODYATTACK®	Nordic Wellness Emporia	Simon Nilsson
15-Dec	09:30-10:45	LES MILLS CORE™	Nordic Wellness Emporia	Cristine Skogastierna
15-Dec	11:00-12:45	BODYPUMP®	Nordic Wellness Emporia	Cristine Skogastierna
15-Dec	13:00-14:45	BODYCOMBAT®	Nordic Wellness Emporia	Joakim Iivonen
15-Dec	15:00-16:15	LES MILLS GRIT® STRENGTH	Nordic Wellness Emporia	Joakim Iivonen

KARLSTAD

Date	Time	Program	Location	Presenter
07-Dec	09:30-11:00	BODYPUMP® 45-min format	STC Hammarö	Fanny Åhlund
07-Dec	11:15-12:15	Lecture: Performance	STC Hammarö	Fanny Åhlund
07-Dec	12:30-13:45	LES MILLS CORE™	STC Hammarö	Fanny Åhlund
07-Dec	14:00-15:15	LES MILLS SPRINT™	STC Hammarö	Fanny Åhlund

QUARTERLY WORKSHOPS

LOCAL TIME

HELSINKI

Date	Time	Program	Location	Presenter
07-Dec	09:30-11:15	BODYBALANCE®	Forever Herttoniemi	Arja Vanhanen
07-Dec	11:30-13:15	BODYPUMP®	Forever Herttoniemi	Hanne Vilpponen
07-Dec	13:30-15:15	BODYATTACK®	Forever Herttoniemi	Kipa Tiivola
07-Dec	15:30-17:00	LES MILLS DANCE™	Forever Herttoniemi	Kimi Holm
08-Dec	09:30-11:00	THE TRIP™ IMMERSIVE	Esport Bristol	Kipa Tiivola
08-Dec	11:15-12:30	LES MILLS CORE™	Esport Bristol	Karo Nyman
08-Dec	12:45-14:30	BODYCOMBAT®	Esport Bristol	Karo Nyman
08-Dec	14:45-16:30	BODYPUMP®	Esport Bristol	Hanne Vilpponen

COPENHAGEN

Date	Time	Program	Location	Presenter
07-Dec	10:00-11:45	BODYBALANCE®	SATS Parken	Niko Viskari
07-Dec	12:00-13:45	BODYPUMP®	SATS Parken	Niko Viskari
07-Dec	14:00-15:45	BODYATTACK®	SATS Parken	Niko Viskari
07-Dec	16:00-17:45	BODYCOMBAT®	SATS Parken	Claudia Kupferschmidt de la Mau

QUARTERLY WORKSHOPS

LOCAL TIME

WARSAW

Date	Time	Program	Location	Presenter
07-Dec	09:30-10:45	LES MILLS CORE™	Zdrofit Varso	Pawel Jeziorek
07-Dec	11:00-12:45	BODYPUMP®	Zdrofit Varso	Pawel Jeziorek
07-Dec	13:00-14:45	BODYCOMBAT®	Zdrofit Varso	Kamil Zielinski & Adam Wachwa
07-Dec	15:00-16:45	BODYBALANCE®	Zdrofit Varso	Natalia Litwiniuk

PRAGUE

Date	Time	Program	Location	Presenter
07-Dec	12:45-14:30	BODYATTACK®	Form Factory Karlin	Eva Dobesova
07-Dec	14:45-16:00	LES MILLS GRIT®	Form Factory Karlin	Eva Dobesova
07-Dec	16:15-17:45	BODYPUMP® 45-min format	Form Factory Karlin	Veronika Benesova
08-Dec	11:30-13:15	BODYBALANCE®	Form Factory Vinohradská	Veronika Benesova
08-Dec	13:30-15:15	BODYPUMP®	Form Factory Vinohradská	Veronika Benesova
08-Dec	15:30-17:15	BODYCOMBAT®	Form Factory Vinohradská	Ria Hrusovska

FIT FOR FUTURE | QUARTERLY WORKSHOPS

LOCAL TIME

FIT FOR FUTURE - BUCHAREST

Date	Time	Program	Presenter
23-Nov	10:00-11:00	BODYPUMP®	Marlon Woods, Maxime Vigeant, Veronika Benesova, Kamil Zielinski & Eva Dobesova
23-Nov	11:15-12:00	LES MILLS SHAPES™	Natalia Litwiniuk, Cristina Constantinescu & Teresia Björkqvist
23-Nov	12:00-12:45	Lecture: Social Media	Claudia Kupferschmidt de la Mau
23-Nov	12:15-12:45	LES MILLS GRIT® CARDIO	Maxime Vigeant, Eva Dobesova, Cristina Constantinescu & Kamil Zielinski
23-Nov	13:00-14:00	BODYBALANCE®	Natalia Litwiniuk, Teresia Björkqvist & Claudia Kupferschmidt de la Mau
23-Nov	14:00-14:45	BODYATTACK®	Maxime Vigeant, Veronika Benesova, & Eva Dobesova
23-Nov	15:00-15:45	Lecture: Mind Muscle Connection	Marlon Woods
23-Nov	16:00-16:45	LES MILLS DANCE™	Claudia Kupferschmidt de la Mau, Natalia Litwiniuk & Teresia Björkqvist
23-Nov	16:00-16:45	LES MILLS PILATES™	Veronika Benesova & Cristina Constantinescu
23-Nov	17:00-18:00	BODYCOMBAT®	Marlon Woods, Maxime Vigeant, Claudia Kupferschmidt de la Mau, Kamil Zielinski & Cristina Constantinescu
24-Nov	10:00-11:00	BODYBALANCE®	Natalia Litwiniuk & Veronika Benesova

Quarterly Workshop Event Information

- This event qualifies as a Quarterly Workshop.
- You need to purchase a separate ticket for the FIT FOR FUTURE event. Be sure to also book your spot in Les Mills Connect.
- As a Les Mills instructor you receive a **25% discount on ticket** purchases.
- Use the discount code: [fit4future25community](#) at checkout.
- [Go to the FIT FOR FUTURE homepage to secure your ticket >>](#)

QUARTERLY WEBINARS

CENTRAL EUROPEAN TIME

ONLINE

Date	Time	Program	Language	Presenter
09-Dec	19:00-20:00	BODYJAM®	English	Janni Lindgren & Claudia Kupferschmidt de la Mau
09-Dec	19:00-20:00	BODYBALANCE®	Swedish	Anna-Karin Wikström & Elin Atlebond
09-Dec	20:15-21:15	BODYPUMP®	Swedish	Olivia Lundqvist & Simon Nilsson
09-Dec	20:15-21:15	LES MILLS DANCE™	English	Niklas Bohlin & Janni Lindgren
10-Dec	19:00-20:00	BODYCOMBAT®	English	Claudia Kupferschmidt de la Mau & Karo Nyman
10-Dec	19:00-20:00	BODYPUMP®	Finnish	Niko Viskari & Hanne Vilpponen
10-Dec	20:15-21:15	BODYBALANCE®	Finnish	Niko Viskari & Susanna Varsanpää
10-Dec	20:15-21:15	LES MILLS GRIT®	English	Eva Dobesova & Konsta Kossi
12-Dec	19:00-20:00	BODYPUMP®	English	Veronika Benesova & Olivia Lundqvist
12-Dec	19:00-20:00	BODYATTACK®	English	Sander Johansen & Kipa Tiivola
12-Dec	20:15-21:15	BODYSTEP®	English	Louise Nilsson & Hanne Vilpponen
12-Dec	20:15-21:15	BODYCOMBAT®	English	Claudia Kupferschmidt de la Mau & Karo Nyman
16-Dec	19:00-20:00	LES MILLS CORE™	English	Karo Nyman & Sander Johansen
16-Dec	19:00-20:00	THE TRIP™ LIVE	English	Eerika Bui
16-Dec	20:15-21:15	THE TRIP™ IMMERSIVE	English	Eerika Bui
16-Dec	20:15-21:15	LES MILLS TONE™	English	Kimi Holm & Fanny Åhlund
17-Dec	12:00-13:00	BODYPUMP®	English	Veronika Benesova & Elin Atlebond
17-Dec	19:00-20:00	BODYBALANCE®	English	Anna-Karin Wikström & Elin Atlebond
17-Dec	19:00-20:00	RPM®	English	Eerika Bui
17-Dec	20:15-21:15	LES MILLS SPRINT™	English	Eerika Bui & Kipa Tiivola
17-Dec	20:15-21:15	LES MILLS CORE™	English	Karo Nyman & Sander Johansen