

LES MILLS NORDIC
QUARTERLY WORKSHOPS
& WEBINARS
Q2'25

LesMILLS

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 LES MILLS CONNECT before the 18th 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 LES MILLS CONNECT before the 18th of May.

NEXT QUARTER: Q3'25

- Releases Upload
Q3'25 on the 2nd of September
- Update Team/Payment Method
Before the 28th of August
- Quarterly Dates
Q3'25 LES MILLS LIVE 30th of August,
followed by webinars: 1st-14th of September.

NEW RELEASES
Will be uploaded on the
20th of May

Q2 IS TAILORED FOR YOU

Take a look at the full schedule, and you'll notice one thing right away - no two workshops are exactly the same. That's intentional. We're tailoring each session to meet your needs.

Whether you're attending a Masterclass, a technique workshop, or a Q&A, the goal is simple: walk away inspired, equipped with new tools, and ready to raise your game in the coming quarter.



THE WORKSHOP FORMATS

- **Program Name:**
Masterclass & 45-min Release-Specific Workshop
Dive into the latest release with targeted insights and strategies to strengthen your delivery. Expect a focused session that elevates your understanding and execution of the new material.
- **Program Name + Technique Workshop:**
Masterclass, Release & Program-Specific Technique Session
This hands-on workshop includes 45 minutes of physical technique training, giving you practical tips and focused guidance on how to evolve your skills and push your performance further.
- **Program Name + 15-min Q&A: Masterclass & Interactive Q&A**
Bring your questions and shape the conversation. After the Masterclass, we'll spend 15 minutes addressing what matters most to you - clarifying the release, sharpening your approach, and solving real challenges.
- **PERFORMANCE Lecture**
In this dynamic, generic session for all programs, we break down the core elements of Performance and explore the four key tools that drive it. You'll leave with a deeper understanding of what it takes to engage, energize, and perform with purpose.

QUARTERLY WORKSHOPS

LOCAL TIME

STOCKHOLM

Date	Time	Program	Location	Presenter
23-May	06:45-08:15	BODYPUMP® 45-min	Nordic Wellness Drottninggatan	Fanny Åhlund
24-May	09:30-11:00	LES MILLS DANCE™	Nordic Wellness Lindhagen	Billy Magg
24-May	11:15-13:00	BODYJAM®	Nordic Wellness Lindhagen	Dorotka Baburin
24-May	13:15-15:00	BODYATTACK®	Nordic Wellness Lindhagen	Billy Magg
24-May	15:15-17:00	BODYPUMP®	Nordic Wellness Lindhagen	Fanny Åhlund
25-May	09:00-10:30	THE TRIP™ IMMERSIVE	SATS Stureplan	Mikaela Ahvenainen
25-May	10:30-12:15	BODYBALANCE®	Nordic Wellness Karlavägen	Louise Nilsson
25-May	12:30-13:45	LES MILLS CORE™	Nordic Wellness Karlavägen	Jimmy Tang
25-May	14:00-15:15	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Fanny Åhlund
01-Jun	09:30-11:00	BODYCOMBAT® 45-min + Technique Workshop	Nordic Wellness Lindhagen	Elina Ekelund
01-Jun	11:15-12:45	BODYPUMP® 45-min + Technique Workshop	Nordic Wellness Lindhagen	Elina Ekelund
01-Jun	13:00-14:15	LES MILLS CORE™ + Technique Workshop	Nordic Wellness Lindhagen	Marika Jingblad
01-Jun	14:30-16:00	BODYBALANCE® 45-min + Technique Workshop	Nordic Wellness Lindhagen	Marika Jingblad

QUARTERLY WORKSHOPS

LOCAL TIME

GOTHENBURG

Date	Time	Program	Location	Presenter
23-May	06:45-08:15	BODYPUMP® 45-min	Nordic Wellness Backaplan	Karin Björneloo
25-May	10:00-11:45	BODYATTACK®	Nordic Wellness Backaplan	Lydia Johansson
25-May	12:00-13:15	LES MILLS CORE™	Nordic Wellness Backaplan	Lydia Johansson
25-May	13:30-14:45	LES MILLS GRIT® STRENGTH	Nordic Wellness Backaplan	Karin Björneloo
25-May	15:00-16:45	BODYPUMP®	Nordic Wellness Backaplan	Karin Björneloo
31-May	10:30-12:00	BODYCOMBAT® 45-min + Technique Workshop	Nordic Wellness Lindholmen	Elina Ekelund
31-May	12:15-13:45	BODYPUMP® 45-min + Technique Workshop	Nordic Wellness Lindholmen	Elina Ekelund
31-May	14:00-15:15	LES MILLS CORE™ + Technique Workshop	Nordic Wellness Lindholmen	Anna-Karin Wikström
31-May	15:30-17:00	BODYBALANCE® 45-min + Technique Workshop	Nordic Wellness Lindholmen	Anna-Karin Wikström
01-Jun	11:30-13:00	RPM®	Nordic Wellness Backaplan	Bas Hollander
01-Jun	13:15-14:30	LES MILLS SPRINT™	Nordic Wellness Backaplan	Bas Hollander

KUNGÄLV

Date	Time	Program	Location	Presenter
25-May	10:00-11:30	THE TRIP™ IMMERSIVE	STC Rollsbo	Sara Bohman

QUARTERLY WORKSHOPS

LOCAL TIME

MALMÖ

Date	Time	Program	Location	Presenter
24-May	09:30-11:15	BODYBALANCE®	Nordic Wellness Emporia	Jimmy Tang
24-May	11:30-12:45	LES MILLS CORE™	Nordic Wellness Emporia	Jimmy Tang
24-May	13:00-14:45	BODYPUMP®	Nordic Wellness Emporia	Cristine Skogastierna
24-May	15:00-16:45	BODYCOMBAT®	Nordic Wellness Emporia	Cristine Skogastierna
31-May	10:00-11:30	RPM®	Nordic Wellness Emporia	Bas Hollander
31-May	11:45-13:00	LES MILLS SPRINT™	Nordic Wellness Emporia	Bas Hollander
01-Jun	09:30-11:00	BODYPUMP® 45-min	Nordic Wellness Baltzarsgatan	Ditte Sommer Weinreich
01-Jun	11:15-13:00	BODYSTEP®	Nordic Wellness Baltzarsgatan	Ditte Sommer Weinreich
01-Jun	13:15-15:00	BODYATTACK®	Nordic Wellness Baltzarsgatan	Simon Nilsson
01-Jun	15:15-16:30	LES MILLS GRIT®	Nordic Wellness Baltzarsgatan	Simon Nilsson

UMEÅ

Date	Time	Program	Location	Presenter
24-May	09:30-10:15	Try the class: LES MILLS PILATES™	USM Utopia	Olivia Lundkvist
24-May	10:30-12:15	BODYBALANCE®	USM Utopia	Elin Atlebond-Steen
24-May	12:30-14:15	BODYPUMP®	USM Utopia	Olivia Lundkvist
24-May	14:30-15:15	Try the class: LES MILLS SHAPES™	USM Utopia	Elin Atlebond-Steen

QUARTERLY WORKSHOPS

LOCAL TIME

COPENHAGEN

Date	Time	Program	Location	Presenter
31-May	10:00-11:45	BODYJAM®	SATS Parken	Claudia Kupferschmidt de la Mau
31-May	12:00-13:45	BODYCOMBAT®	SATS Parken	Claudia Kupferschmidt de la Mau
31-May	14:00-15:45	BODYPUMP®	SATS Parken	Ditte Sommer Weinreich
31-May	16:00-17:45	BODYBALANCE®	SATS Parken	Louise Nilsson

HELSINKI

Date	Time	Program	Location	Presenter
01-Jun	09:00-10:00	BODYBALANCE® 45-min + 15 min Q&A	Esport Bristol	Niko Viskari
01-Jun	10:15-11:15	BODYATTACK® 45-min + 15 min Q&A	Esport Bristol	Kipa Tiivola & Niko Viskari
01-Jun	11:15-12:15	THE TRIP™ IMMERSIVE + 15 min Q&A	Esport Bristol	Eerika Bui & Konsta Kossi
01-Jun	11:30-12:30	BODYCOMBAT® 45-min + 15 min Q&A	Esport Bristol	Karo Nyman & Kipa Tiivola
01-Jun	12:45-13:45	PERFORMANCE Lecture	Esport Bristol	Konsta Kossi & Niko Viskari
01-Jun	14:00-15:00	BODYPUMP® 45-min + 15 min Q&A	Esport Bristol	Hanne Vilpponen & Konsta Kossi
01-Jun	15:15-16:00	LES MILLS CORE™ + 15-min Q&A	Esport Bristol	Karo Nyman & Eerika Bui
01-Jun	16:15-17:15	BODYSTEP® 45 + 15-min Q&A	Esport Bristol	Hanne Vilpponen

QUARTERLY WORKSHOPS

LOCAL TIME

SANDEFJORD | FITNESS FUSION

Date	Time	Program	Location	Presenter
07-Jun	10:00-10:45	BODYPUMP® 45-min	Fitness Fusion	Cristine Skogastierna
07-Jun	11:00-11:45	Try the class: LES MILLS FUNCTIONAL STRENGTH™	Fitness Fusion	Cristine Skogastierna
07-Jun	11:00-11:45	Try the class: LES MILLS SHAPES™	Fitness Fusion	Sander Johansen
07-Jun	12:00-12:45	BODYBALANCE® 45-min	Fitness Fusion	Sander Johansen
07-Jun	12:00-13:00	PERFORMANCE Lecture	Fitness Fusion	Cristine Skogastierna
07-Jun	13:00-13:45	BODYATTACK® 45-min	Fitness Fusion	Sander Johansen
07-Jun	14:00-14:45	BODYCOMBAT® 45-min	Fitness Fusion	Cristine Skogastierna
07-Jun	15:00-15:30	LES MILLS CORE™	Fitness Fusion	Sander Johansen
07-Jun	16:00-17:00	PERFORMANCE Lecture	Fitness Fusion	Sander Johansen

Quarterly Workshop Event Information

The Fitness Fusion team is excited to welcome you all to this live event! This event is hosted in Norwegian & Swedish and offers Masterclasses and inspirational Lectures. This event qualifies as a Quarterly Workshop.

Important details

- You need to purchase a seperate ticket [here >>](#) to attend the event.
- Be sure to also book your Quarterly spot in [LES MILLS CONNECT >>](#) so that you get your attendance.
- If you want to take part of the program specific Education sessions, make sure to book a Quarterly webinar as well.

QUARTERLY WORKSHOPS

LOCAL TIME

WARSAW

Date	Time	Program	Location	Presenter
31-May	09:30-11:15	BODYCOMBAT®	Zdrofit Varso	Kamil Zielinski
31-May	11:30-13:15	BODYPUMP®	Zdrofit Varso	Pawel Jeziorek
31-May	13:30-14:45	LES MILLS CORE™	Zdrofit Varso	Pawel Jeziorek
31-May	15:00-16:45	BODYBALANCE®	Zdrofit Varso	Natalia Litwiniuk

LODZ | EU4YA

Date	Time	Program	Location	Presenter
10-May	10:00-10:50	BODYCOMBAT® 45-min	EU4YA	Veronika Benešová & Kamil Zieliński
10-May	13:50-14:35	BODYBALANCE® 45-min	EU4YA	Veronika Benešová
10-May	15:10-16:00	LES MILLS PILATES™ 45-min	EU4YA	Veronika Benešová
10-May	17:20-18:10	How to Become a LES MILLS Instructor?!	EU4YA	Kamil Zieliński
11-May	09:00-09:50	BODYPUMP® 45-min	EU4YA	Veronika Benešová & Kamil Zieliński

Quarterly Workshop Event Information

Get ready for an action-packed weekend at EU4YA in Lodz, Poland on the 10-11 of May 2025 with epic LES MILLS classes led by amazing presenters. This event qualifies as a Quarterly Workshop.

Important details

- You need to purchase a separate ticket [here >>](#) to attend the event.
- Be sure to also book your Quarterly spot in [LES MILLS CONNECT >>](#) so that you get your attendance.
- If you want to take part of the program specific Education sessions, make sure to book a Quarterly webinar as well.

QUARTERLY WORKSHOPS

LOCAL TIME

PRAGUE

Date	Time	Program	Location	Presenter
24-May	10:30-12:15	BODYPUMP®	Form Factory Vinohradská	Cristina Constantinescu
24-May	12:30-14:15	BODYCOMBAT®	Form Factory Vinohradská	Cristina Constantinescu
24-May	14:30-16:15	BODYATTACK®	Form Factory Vinohradská	Eva Dobesova
25-May	10:30-11:45	LES MILLS GRIT®	Form Factory Vinohradská	Eva Dobesova
25-May	12:00-13:45	BODYPUMP®	Form Factory Vinohradská	Veronika Benesova
25-May	14:00-15:45	BODYBALANCE®	Form Factory Vinohradská	Veronika Benesova

BUCHAREST

Date	Time	Program	Location	Presenter
31-May	14:30-15:30	PERFORMANCE Lecture	World Class Cotroceni Park One	Veronika Benesova
31-May	15:45-17:30	BODYBALANCE®	World Class Cotroceni Park One	Veronika Benesova
01-Jun	13:30-15:15	BODYPUMP®	World Class Cotroceni Park One	Cristina Constantinescu
01-Jun	15:30-17:15	BODYCOMBAT®	World Class Cotroceni Park One	Cristina Constantinescu

QUARTERLY WEBINARS

CENTRAL EUROPEAN SUMMER TIME

ONLINE

Date	Time	Program	Language	Presenter
02-Jun	19:00-20:00	BODYPUMP®	English	Veronika Benesova & Anna-Karin Wikström
02-Jun	19:00-20:00	LES MILLS TONE™	English	Fanny Åhlund & Kimi Holm
02-Jun	20:15-21:15	LES MILLS CORE™	English	Karo Nyman & Fanny Åhlund
02-Jun	20:15-21:15	BODYBALANCE®	English	Teresia Björkqvist & Anna-Karin Wikström
03-Jun	12:00-13:00	BODYPUMP®	English	Veronika Benesova & Konsta Kossi
03-Jun	19:00-20:00	THE TRIP™ IMMERSIVE	English	Eerika Bui
03-Jun	19:00-20:00	BODYBALANCE®	Swedish	Teresia Björkqvist & Anna-Karin Wikström
03-Jun	20:15-21:15	BODYPUMP®	Swedish	Anna-Karin Wikström & Olivia Lundqvist
03-Jun	20:15-21:15	BODYCOMBAT®	English	Claudia Kupferschmidt de la Mau & Joakim Iivonen
04-Jun	19:00-20:00	BODYATTACK®	English	Lydia Johansson & Sander Johansen
04-Jun	19:00-20:00	RPM®	English	Eerika Bui & Ditte Sommer Weinreich
04-Jun	20:15-21:15	LES MILLS SPRINT™	English	Kipa Tiivola & Eerika Bui
04-Jun	20:15-21:15	BODYSTEP®	English	Ditte Sommer Weinreich & Hanne Vilpponen
05-Jun	19:00-20:00	BODYJAM®	English	Claudia Kupferschmidt de la Mau & Dorotka Baburin
05-Jun	19:00-20:00	BODYPUMP®	Finnish	Hanne Vilpponen & Konsta Kossi
05-Jun	20:15-21:15	BODYBALANCE®	Finnish	Niko Viskari
05-Jun	20:15-21:15	LES MILLS DANCE™	English	Kimi Holm & Billy Magg
08-Jun	17:00-18:00	LES MILLS CORE™	English	Fanny Åhlund & Karo Nyman
08-Jun	18:15-19:15	LES MILLS GRIT®	English	Konsta Kossi & Eva Dobesova
08-Jun	19:30-20:30	BODYCOMBAT®	English	Claudia Kupferschmidt de la Mau & Joakim Iivonen