

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

OCTOBER

5-6 Oct	BODYPUMP®	Gothenburg	Swedish
5-6 Oct	LES MILLS GRIT®	Online	English
5-6 Oct	LES MILLS CORE®	Online	English
12 Oct	LES MILLS SHAPES™	Online	English
12 Oct	LES MILLS PILATES™	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	FUNCTIONAL STRENGTH™	Online	English
26 Oct	STRENGTH DEVELOPMENT™	Online	English
26-27 Oct	BODYPUMP®	Online	English

NOVEMBER

9-10 Nov	BODYCOMBAT®	Online	English
9 Nov	LES MILLS PILATES™	Online	English
16-17 Nov	BODYSTEP®	Online	English

16-17 Nov	LES MILLS SPRINT™ & RPM®	Online	English
16-17 Nov	BODYBALANCE®	Online	English
23 Nov	LES MILLS SHAPES™	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

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	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	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
25-26 Jan	LES MILLS CORE®	Gothenburg	Swedish
25-26 Jan	LES MILLS SPRINT™ & RPM®	Online	English

FEBRUARY – 2025

1-2 Feb	LES MILLS DANCE™ & BODYJAM®	Stockholm	Swedish
1-2 Feb	LES MILLS CORE®	Online	English
8-9 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

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®	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

OCTOBER

5-6 Oct	LES MILLS GRIT®	Online	English
5-6 Oct	LES MILLS CORE®	Online	English
5-6 Oct	BODYCOMBAT®	Copenhagen	Danish
12 Oct	LES MILLS SHAPES™	Online	English
12 Oct	LES MILLS PILATES™	Online	English
12-13 Oct	BODYATTACK®	Online	English
12-13 Oct	BODYBALANCE®	Helsinki	Finnish
26 Oct	FUNCTIONAL STRENGTH™	Online	English
26 Oct	STRENGTH DEVELOPMENT™	Online	English
26-27 Oct	BODYBALANCE®	Copenhagen	English
26-27 Oct	BODYPUMP®	Online	English

NOVEMBER

9-10 Nov	BODYCOMBAT®	Online	English
9 Nov	LES MILLS PILATES	Online	English
16-17 Nov	BODYSTEP®	Online	English
16-17 Nov	BODYBALANCE®	Online	English

16-17 Nov	LES MILLS SPRINT™ & RPM®	Online	English
23 Nov	LES MILLS SHAPES™	Online	English
23-24 Nov	BODYPUMP®	Helsinki	Finnish
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
25-26 Jan	LES MILLS SPRINT™ & RPM®	Online	English

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

OCTOBER

5-6 Oct	LES MILLS CORE®	Warsaw	Polish
5-6 Oct	LES MILLS GRIT®	Online	English
5-6 Oct	LES MILLS CORE®	Online	English
12 Oct	LES MILLS SHAPES™	Online	English
12 Oct	LES MILLS PILATES™	Online	English
12-13 Oct	BODYPUMP®	Prague	Czech
12-13 Oct	BODYCOMBAT®	Bucharest	Romanian
12-13 Oct	BODYATTACK®	Online	English
26 Oct	FUNCTIONAL STRENGTH™	Online	English
26 Oct	STRENGTH DEVELOPMENT™	Online	English
26-27 Oct	BODYPUMP®	Warsaw	Polish
26-27 Oct	BODYPUMP®	Online	English

NOVEMBER

9 Nov	LES MILLS PILATES	Online	English
9-10 Nov	BODYCOMBAT®	Online	English
9-10 Nov	LES MILLS DANCE™ & BODYJAM®	Prague	English
16-17 Nov	BODYSTEP®	Online	English
16-17 Nov	BODYBALANCE®	Online	English
16-17 Nov	LES MILLS SPRINT™ & RPM®	Online	English
23 Nov	LES MILLS SHAPES™	Online	English
30 Nov-1 Dec	BODYPUMP®	Online	English

DECEMBER

01 Dec	LES MILLS PILATES™	Online	English
01 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
11 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
25-26 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

01-02 Feb	LES MILLS CORE®	Online	English
01-02 Feb	BODYCOMBAT®	Warsaw	Polish
01-02 Feb	LES MILLS GRIT®	Prague	Czech
08-09 Feb	BODYCOMBAT®	Bucharest	Romanian
08-09 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

ADVANCED TRAINING

OCTOBER

12-13 Oct	Stockholm	Swedish
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JANUARY – 2025

18-19 Jan	Bucharest	Romanian
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25-26 Jan	Gothenburg	Swedish
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FEBRUARY – 2025

8-9 Feb	Stockholm	Swedish
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15-16 Feb	Helsinki	Finnish
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15-16 Feb	Prague	English
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MARCH – 2025

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

7-8 Nov	Online	Swedish
14 + 21 Nov	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!**](#)