

LES MILLS NORDIC  
QUARTERLY WORKSHOPS  
& WEBINARS  
Q1'25



**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 23<sup>rd</sup> of February.

## 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 23<sup>rd</sup> of February.

## NEXT QUARTER: Q2'25

- Releases Upload  
Q2'25 on the 20<sup>th</sup> of May.
- Update Team/Payment Method  
Before the 18<sup>th</sup> of May.
- Quarterly Weeks  
Q2'25 week 21,22,23.

**NEW RELEASES  
Will be uploaded on the  
25<sup>th</sup> of February**

# QUARTERLY WORKSHOPS

LOCAL TIME

## STOCKHOLM

Date	Time	Program	Location	Presenter
22-Feb	09:30-11:00	BODYPUMP® 45-min format	Nordic Wellness Lindhagen	Fanny Åhlund
22-Feb	11:15-12:45	LES MILLS TONE™	Nordic Wellness Lindhagen	Fanny Åhlund
22-Feb	13:00-14:30	LES MILLS DANCE™	Nordic Wellness Lindhagen	Niklas Bohlin & Billy Magg
22-Feb	14:45-16:30	BODYJAM®	Nordic Wellness Lindhagen	Niklas Bohlin & Billy Magg
23-Feb	10:30-12:15	BODYPUMP®	Nordic Wellness Lindhagen	Elina Ekelund
23-Feb	12:30-14:15	BODYCOMBAT®	Nordic Wellness Lindhagen	Elina Ekelund
23-Feb	14:30-16:15	BODYBALANCE®	Nordic Wellness Lindhagen	Jimmy Tang
28-Feb	06:45-08:15	BODYPUMP® 45-min format	Nordic Wellness Drottninggatan	Anna-Karin Wikström
01-Mar	09:30-11:15	BODYBALANCE®	Nordic Wellness Drottninggatan	Anna-Karin Wikström
01-Mar	11:30-12:45	LES MILLS CORE™	Nordic Wellness Drottninggatan	Lydia Johansson & Billy Magg
01-Mar	13:00-14:45	BODYSTEP®	Nordic Wellness Drottninggatan	Lydia Johansson
01-Mar	15:00-16:45	BODYATTACK®	Nordic Wellness Drottninggatan	Billy Magg & Lydia Johansson
02-Mar	10:30-11:45	LES MILLS GRIT® STRENGTH	Nordic Wellness Karlavägen	Bas Hollander
02-Mar	12:00-13:15	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Bas Hollander
02-Mar	14:45-16:15	THE TRIP™ IMMERSIVE	SATS Stureplan	Bas Hollander

# QUARTERLY WORKSHOPS

LOCAL TIME

## GÖTEBORG

Date	Time	Program	Location	Presenter
22-Feb	09:45-11:00	LES MILLS SPRINT™	Nordic Wellness Backaplan	Simon Nilsson
22-Feb	11:15-13:00	BODYATTACK®	Nordic Wellness Backaplan	Simon Nilsson
22-Feb	13:15-15:00	BODYSTEP®	Nordic Wellness Backaplan	Lydia Johansson
22-Feb	15:15-16:30	LES MILLS CORE™	Nordic Wellness Backaplan	Lydia Johansson
28-Feb	06:45-08:15	BODYPUMP® 45-min format	Nordic Wellness Backaplan	Karin Björneloo
01-Mar	10:30-12:00	BODYPUMP® 45-min format	Nordic Wellness Lindholmen	Elina Ekelund
01-Mar	12:15-14:00	BODYCOMBAT®	Nordic Wellness Lindholmen	Elina Ekelund
01-Mar	14:15-15:30	LES MILLS GRIT® STRENGTH	Nordic Wellness Lindholmen	Niklas Bohlin
01-Mar	15:45-17:15	LES MILLS DANCE™	Nordic Wellness Lindholmen	Niklas Bohlin
02-Mar	12:30-14:15	BODYPUMP®	Nordic Wellness Backaplan	Simon Nilsson
02-Mar	14:30-16:15	BODYBALANCE®	Nordic Wellness Backaplan	Jimmy Tang

# QUARTERLY WORKSHOPS

LOCAL TIME

## MALMÖ

Date	Time	Program	Location	Presenter
22-Feb	09:30-11:15	BODYPUMP®	Nordic Wellness Emporia	Eva Dobesova
22-Feb	11:30-12:45	LES MILLS GRIT® CARDIO	Nordic Wellness Emporia	Eva Dobesova
22-Feb	13:00-14:45	BODYATTACK®	Nordic Wellness Emporia	Eva Dobesova
23-Feb	09:45-11:30	BODYCOMBAT®	Nordic Wellness Emporia	Cristine Skogastierna
23-Feb	11:45-13:15	BODYPUMP® 45-min format	Nordic Wellness Emporia	Cristine Skogastierna
23-Feb	13:30-14:45	LES MILLS CORE™	Nordic Wellness Emporia	Sander Johansen
23-Feb	15:00-16:45	BODYBALANCE®	Nordic Wellness Emporia	Sander Johansen

SUNDSVALL Note: All sessions in Sundsvall are Masterclass + 15-min Q&As.

Date	Time	Program	Location	Presenter
01-Mar	09:00-10:00	BODYATTACK® 45-min format	STC Norra Kajen	Fanny Åhlund
01-Mar	10:15-11:15	BODYPUMP® 45-min format	STC Norra Kajen	Fanny Åhlund
01-Mar	11:30-12:15	LES MILLS CORE™ 30-min format	STC Norra Kajen	Teresia Björkqvist
01-Mar	12:30-13:30	Lecture: Performance	STC Norra Kajen	Fanny Åhlund
01-Mar	13:45-14:15	LES MILLS PILATES™	STC Norra Kajen	Teresia Björkqvist
01-Mar	14:30-15:30	BODYBALANCE® 45-min format	STC Norra Kajen	Teresia Björkqvist

## KALMAR

Date	Time	Program	Location	Presenter
01-Mar	10:00-11:30	THE TRIP® IMMERSIVE	Malkars Kalmar City	Sara Bohman

# QUARTERLY WORKSHOPS

## LOCAL TIME

### HELSINKI

Date	Time	Program	Location	Presenter
01-Mar	09:30-11:15	BODYATTACK®	Esport Bristol	Kipa Tiivola
01-Mar	11:30-13:15	BODYCOMBAT®	Esport Bristol	Kipa Tiivola
01-Mar	13:30-15:00	BODYPUMP® 45-min format	Esport Bristol	Konsta Kossi
01-Mar	15:15-16:45	THE TRIP® IMMERSIVE	Esport Bristol	Konsta Kossi
02-Mar	09:30-11:15	BODYBALANCE®	Forever Herttoniemi	Susanna Varsanpää
02-Mar	11:30-13:15	BODYPUMP®	Forever Herttoniemi	Susanna Varsanpää
02-Mar	13:30-14:45	LES MILLS CORE™	Forever Herttoniemi	Eerika Bui
02-Mar	15:00-16:30	LES MILLS DANCE™	Forever Herttoniemi	Janni Lindgren

### OULU

Note: All sessions in Oulu are Masterclass + 15-min Q&As.

Date	Time	Program	Location	Presenter
22-Feb	09:00-10:15	BODYPUMP®	Liikuntakeskus Hukka	Niko Viskari
22-Feb	09:00-09:30	LES MILLS SHAPES™	Liikuntakeskus Hukka	Kimi Holm
22-Feb	09:45-10:15	LES MILLS PILATES™	Liikuntakeskus Hukka	Kimi Holm
22-Feb	12:15-13:30	BODYATTACK®	Liikuntakeskus Hukka	Niko Viskari
22-Feb	13:45-15:00	BODYBALANCE®	Liikuntakeskus Hukka	Niko Viskari
22-Feb	15:15-16:15	Lecture: Performance	Liikuntakeskus Hukka	Niko Viskari & Kimi Holm
22-Feb	16:30-17:45	BODYCOMBAT®	Liikuntakeskus Hukka	Kimi Holm



# QUARTERLY WORKSHOPS

LOCAL TIME

OSLO | EXSALUS Training Convention

Date	Time	Program	Location	Presenter
08-Mar	09:00-09:45	LES MILLS SHAPES™	EXSALUS Training Convention	Sander Johansen
08-Mar	10:00-10:45	BODYBALANCE®	EXSALUS Training Convention	Sander Johansen
08-Mar	11:00-11:45	BODYPUMP®	EXSALUS Training Convention	Simon Nilsson
08-Mar	11:00-11:45	Lecture	EXSALUS Training Convention	Sander Johansen
08-Mar	12:30-13:15	LES MILLS PILATES™	EXSALUS Training Convention	Sander Johansen
08-Mar	13.30-14:15	LES MILLS FUNCTIONAL STRENGTH™	EXSALUS Training Convention	Simon Nilsson
08-Mar	13.30-14:15	Lecture	EXSALUS Training Convention	Sander Johansen
08-Mar	14:30-15:15	BODYATTACK®	EXSALUS Training Convention	Sander Johansen

## Quarterly Workshop Event Information

The EXSALUS team is super happy and 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 separate ticket and choose the specific classes you want to attend [here >>](#).
- Your price as a Les Mills instructor is 480 NOK (regular price 580 NOK). Use the code: **LESMILLS2025** to secure the discount price at check-out.
- Be sure to also book your spot in [LES MILLS CONNECT >>](#).
- 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

### COPENHAGEN

Date	Time	Program	Location	Presenter
22-Feb	10:00-11:45	BODYATTACK®	SATS Parken	Veronika Benesova
22-Feb	12:00-13:45	BODYPUMP®	SATS Parken	Veronika Benesova
22-Feb	14:00-15:45	BODYBALANCE®	SATS Parken	Veronika Benesova
22-Feb	16:00-17:45	BODYCOMBAT®	SATS Parken	Claudia Kupferschmidt de la Mau

### WARSAW

Date	Time	Program	Location	Presenter
22-Feb	08:45-09:15	LES MILLS PILATES™	Zdrofit Varso	Natalia Litwiniuk
22-Feb	09:30-11:15	BODYBALANCE®	Zdrofit Varso	Natalia Litwiniuk
22-Feb	11:30-12:45	LES MILLS CORE™	Zdrofit Varso	Szymon Wesolowski
22-Feb	13:00-14:45	BODYPUMP®	Zdrofit Varso	Szymon Wesolowski
22-Feb	15:00-16:45	BODYCOMBAT®	Zdrofit Varso	Adam Wadhwa

### BUCHAREST

Date	Time	Program	Location	Presenter
01-Mar	13:15-15:00	BODYPUMP®	World Class Cotroceni Park One	Cristina Constantinescu
01-Mar	15:15-17:00	BODYCOMBAT®	World Class Cotroceni Park One	Cristina Constantinescu



# QUARTERLY WORKSHOPS

LOCAL TIME

## PRAGUE

Date	Time	Program	Location	Presenter
01-Mar	10:00-11:45	BODYBALANCE®	Form Factory Vinohradská	Veronika Benesova
01-Mar	12:00-13:45	BODYCOMBAT®	Form Factory Vinohradská	Kamil Zielinski
01-Mar	14:00-15:45	BODYPUMP®	Form Factory Vinohradská	Veronika Benesova
01-Mar	16:00-16:30	LES MILLS SPRINT™	Form Factory Vinohradská	Kamil Zielinski
01-Mar	16:30-17:30	Cycle Education Session	Form Factory Vinohradská	Kamil Zielinski
01-Mar	17:30-18:15	RPM®	Form Factory Vinohradská	Kamil Zielinski
02-Mar	10:15-12:00	BODYATTACK®	Form Factory Karlin	Eva Dobesova
02-Mar	12:15-13:30	LES MILLS GRIT® CARDIO	Form Factory Karlin	Eva Dobesova
02-Mar	13:45-15:15	BODYPUMP® 45-min format	Form Factory Karlin	Veronika Benesova
02-Mar	15:30-16:45	LES MILLS CORE™	Form Factory Karlin	Ria Hrusovska

# QUARTERLY WEBINARS

CENTRAL EUROPEAN TIME

## ONLINE

Date	Time	Program	Language	Presenter
03-Mar	19:00-20:00	BODYPUMP®	English	Veronika Benesova & Oliva Lundkvist
03-Mar	19:00-20:00	BODYSTEP®	English	Lydia Johansson & Ditte Sommer Weinreich
03-Mar	20:15-21:15	BODYATTACK®	English	Eva Dobesova & Simon Nilsson
03-Mar	20:15-21:15	BODYCOMBAT®	English	Karo Nyman & Adam Wadhwa
04-Mar	19:00-20:00	BODYJAM®	English	Dorotka Baburin & Claudia Kupferschmidt de la Mau
04-Mar	19:00-20:00	BODYBALANCE®	Swedish	Elin Atlebond-Steen & Anna-Karin Wikström
04-Mar	20:15-21:15	BODYPUMP®	Swedish	Elin Atlebond-Steen & Olivia Lundkvist
04-Mar	20:15-21:15	LES MILLS DANCE™	English	Dorotka Baburin & Kimi Holm
05-Mar	19:00-20:00	BODYCOMBAT®	English	Karo Nyman & Adam Wadhwa
05-Mar	19:00-20:00	BODYPUMP®	Finnish	Hanne Vilpponen & Konsta Kossi
05-Mar	20:15-21:15	BODYBALANCE®	Finnish	Susanna Varsanpää & Niko Viskari
05-Mar	20:15-21:15	LES MILLS GRIT®	English	Eva Dobesova & Karo Nyman
06-Mar	12:00-13:00	BODYPUMP®	English	Veronika Benesova & Elin Atlebond-Steen
06-Mar	19:00-20:00	BODYBALANCE®	English	Elin Atlebond-Steen & Anna-Karin Wikström
06-Mar	19:00-20:00	RPM®	English	Eerika Bui & Ditte Sommer Weinreich
06-Mar	20:15-21:15	LES MILLS SPRINT™	English	Eerika Bui & Kipa Tiivola
06-Mar	20:15-21:15	LES MILLS CORE™	English	Lydia Johansson & Niklas Bohlin
09-Mar	17:45-18:45	LES MILLS CORE™	English	Lydia Johansson & Niklas Bohlin
09-Mar	17:45-18:45	THE TRIP™ LIVE	English	Eerika Bui
09-Mar	19:00-20:00	THE TRIP™ IMMERSIVE	English	Eerika Bui
09-Mar	19:00-20:00	LES MILLS TONE™	English	Kimi Holm & Fanny Åhlund