

LES MILLS NORDIC EDUCATION DATES 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

MAY

| | | | |
|-----------|--------------------|-----------|---------|
| 3-4 May | BODYBALANCE® | Online | English |
| 10 May | LES MILLS SHAPES™ | Online | English |
| 10 May | LES MILLS PILATES™ | Online | English |
| 10-11 May | BODYCOMBAT® | Stockholm | Swedish |
| 17-18 May | BODYPUMP® | Online | English |

JUNE

| | | | |
|------------|--------------------------|------------|---------|
| 14 June | LES MILLS PILATES™ | Online | English |
| 14-15 June | BODYPUMP® | Gothenburg | Swedish |
| 14-15 June | LES MILLS CORE™ | Stockholm | Swedish |
| 14-15 June | BODYPUMP® & BODYBALANCE® | Umeå | Swedish |
| 14-15 June | LES MILLS SPRINT™ & RPM® | Online | English |
| 14-15 June | BODYATTACK® | Online | English |
| 28 June | STRENGTH DEVELOPMENT™ | Online | English |
| 28-29 June | BODYBALANCE® | Gothenburg | Swedish |
| 28-29 June | BODYSTEP® | Online | English |
| 29 June | LES MILLS SHAPES™ | Stockholm | Swedish |

AUGUST

| | | | |
|-----------|----------------------------|-----------|---------|
| 9 Aug | THE TRIP™ IMMERSIVE & LIVE | Stockholm | Swedish |
| 9-10 Aug | LES MILLS CORE™ | Online | English |
| 16-17 Aug | BODYBALANCE® | Online | English |
| 16-17 Aug | BODYCOMBAT® | Online | English |
| 23 Aug | LES MILLS PILATES™ | Stockholm | Swedish |
| 23 Aug | STRENGTH DEVELOPMENT™ | Online | English |
| 23-24 Aug | BODYPUMP® | Online | English |
| 23-24 Aug | LES MILLS GRIT™ | Online | English |

SEPTEMBER

| | | | |
|------------|-----------------------------|-----------|---------|
| 13-14 Sept | BORN TO MOVE® | Online | Swedish |
| 20 Sept | LES MILLS PILATES™ | Online | English |
| 20-21 Sept | BODYPUMP® | Malmö | Swedish |
| 20-21 Sept | BODYBALANCE® | Stockholm | Swedish |
| 20-21 Sept | LES MILLS DANCE™ & BODYJAM® | Online | English |
| 27 Sept | LES MILLS SHAPES™ | Online | English |
| 27-28 Sept | LES MILLS TONE™ | Online | English |
| 27-28 Sept | BODYATTACK® | Online | English |

OCTOBER

| | | | |
|-----------|-----------------------------|------------|---------|
| 18-19 Oct | LES MILLS SPRINT™ & RPM® | Malmö | Swedish |
| 18-19 Oct | BODYPUMP® | Online | English |
| 25-26 Oct | LES MILLS DANCE™ & BODYJAM® | Gothenburg | Swedish |
| 25-26 Oct | BODYCOMBAT® | Online | English |

NOVEMBER

| | | | |
|-----------|-----------------------|------------|---------|
| 1 Nov | LES MILLS PILATES™ | Online | English |
| 8 Nov | STRENGTH DEVELOPMENT™ | Online | English |
| 15 Nov | LES MILLS SHAPES™ | Online | English |
| 15-16 Nov | BODYATTACK® | Gothenburg | Swedish |
| 15-16 Nov | LES MILLS CORE™ | Online | English |
| 15-16 Nov | BODYBALANCE® | Online | English |
| 22-23 Nov | BODYCOMBAT® | Stockholm | Swedish |

DECEMBER

| | | | |
|-----------|-----------|--------|---------|
| 13-14 Dec | BODYPUMP® | Online | English |
| 13-14 Dec | BODYSTEP® | Online | English |

DENMARK, NORWAY & FINLAND

MAY

| | | | |
|-----------|--------------------|--------|---------|
| 3-4 May | BODYBALANCE® | Online | English |
| 10 May | LES MILLS SHAPES™ | Online | English |
| 10 May | LES MILLS PILATES™ | Online | English |
| 11 May | LES MILLS SHAPES™ | Online | English |
| 17-18 May | BODYPUMP® | Online | English |

JUNE

| | | | |
|------------|--------------------------|--------|---------|
| 14 June | LES MILLS PILATES™ | Online | English |
| 14-15 June | LES MILLS SPRINT™ & RPM® | Online | English |
| 14-15 June | BODYATTACK® | Online | English |
| 28 June | STRENGTH DEVELOPMENT™ | Online | English |
| 28-29 June | BODYSTEP® | Online | English |

AUGUST

| | | | |
|-----------|-----------------|----------|---------|
| 9-10 Aug | LES MILLS CORE™ | Online | English |
| 16-17 Aug | BODYPUMP® | Helsinki | Finnish |
| 16-17 Aug | BODYBALANCE® | Online | English |

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|-----------|-----------------------|--------|---------|
| 16-17 Aug | BODYCOMBAT® | Online | English |
| 23 Aug | STRENGTH DEVELOPMENT™ | Online | English |
| 23-24 Aug | BODYPUMP® | Online | English |
| 23-24 Aug | LES MILLS GRIT™ | Online | English |

SEPTEMBER

| | | | |
|------------|-----------------------------|----------|---------|
| 13-14 Sept | BODYCOMBAT® | Helsinki | Finnish |
| 20 Sept | LES MILLS PILATES™ | Online | English |
| 20-21 Sept | LES MILLS DANCE™ & BODYJAM® | Online | English |
| 27 Sept | LES MILLS SHAPES™ | Online | English |
| 27-28 Sept | LES MILLS TONE™ | Online | English |
| 27-28 Sept | BODYATTACK® | Online | English |

OCTOBER

| | | | |
|-----------|--------------|----------|---------|
| 18-19 Oct | BODYBALANCE® | Helsinki | Finnish |
| 18-19 Oct | BODYPUMP® | Online | English |
| 25-26 Oct | BODYCOMBAT® | Online | English |

NOVEMBER

| | | | |
|-------|-----------------------|--------|---------|
| 1 Nov | LES MILLS PILATES™ | Online | English |
| 8 Nov | STRENGTH DEVELOPMENT™ | Online | English |

| | | | |
|-----------|-------------------|--------|---------|
| 15 Nov | LES MILLS SHAPES™ | Online | English |
| 15-16 Nov | LES MILLS CORE™ | Online | English |
| 15-16 Nov | BODYBALANCE® | Online | English |

DECEMBER

| | | | |
|-----------|-----------|--------|---------|
| 13-14 Dec | BODYPUMP® | Online | English |
| 13-14 Dec | BODYSTEP® | Online | English |

POLAND, CZECH & ROMANIA

MAY

| | | | |
|-----------|--------------------|--------|---------|
| 10 May | LES MILLS SHAPES™ | Online | English |
| 10 May | LES MILLS PILATES™ | Online | English |
| 11 May | LES MILLS SHAPES™ | Online | English |
| 17-18 May | BODYPUMP® | Online | English |

JUNE

| | | | |
|------------|-----------------------------|--------|---------|
| 7-8 June | BODYPUMP® & LES MILLS CORE™ | Warsaw | Polish |
| 14 June | LES MILLS PILATES™ | Online | English |
| 14-15 June | LES MILLS SPRINT™ & RPM® | Online | English |
| 20-21 June | BODYCOMBAT® | Prague | Czech |
| 28 June | STRENGTH DEVELOPMENT™ | Online | English |
| 14-15 June | BODYATTACK® | Online | English |
| 28-29 June | BODYSTEP® | Online | English |

AUGUST

| | | | |
|-----------|-----------------|--------|---------|
| 9-10 Aug | LES MILLS CORE™ | Online | English |
| 16-17 Aug | BODYBALANCE® | Online | English |

| | | | |
|-----------|-----------------------------|--------|---------|
| 16-17 Aug | BODYCOMBAT® | Online | English |
| 23 Aug | STRENGTH DEVELOPMENT™ | Online | English |
| 23-24 Aug | BODYPUMP® | Online | English |
| 23-24 Aug | LES MILLS GRIT™ | Online | English |
| 23-24 Aug | LES MILLS DANCE™ & BODYJAM® | Online | English |

SEPTEMBER

| | | | |
|------------|-----------------------------|-----------|---------|
| 20 Sept | LES MILLS PILATES™ | Online | English |
| 20-21 Sept | LES MILLS DANCE™ & BODYJAM® | Online | English |
| 27 Sept | LES MILLS SHAPES™ | Online | English |
| 20-21 Sept | BODYBALANCE® | Warsaw | Polish |
| 27-28 Sept | BODYPUMP® | Prague | Czech |
| 27-28 Sept | BODYBALANCE® | Bucharest | English |
| 27-28 Sept | LES MILLS TONE™ | Online | English |
| 27-28 Sept | BODYATTACK® | Online | English |

OCTOBER

| | | | |
|-----------|-------------|-----------|----------|
| 18-19 Oct | BODYPUMP® | Bucharest | Romanian |
| 18-19 Oct | BODYPUMP® | Online | English |
| 25-26 Oct | BODYCOMBAT® | Online | English |

NOVEMBER

| | | | |
|-----------|-----------------------|-----------|----------|
| 1 Nov | LES MILLS PILATES™ | Online | English |
| 8 Nov | STRENGTH DEVELOPMENT™ | Online | English |
| 8-9 Nov | BODYCOMBAT® | Bucharest | Romanian |
| 15 Nov | LES MILLS SHAPES™ | Online | English |
| 15-16 Nov | LES MILLS CORE™ | Online | English |
| 15-16 Nov | BODYBALANCE® | Online | English |

DECEMBER

| | | | |
|-----------|-----------|--------|---------|
| 13-14 Dec | BODYPUMP® | Online | English |
| 13-14 Dec | BODYSTEP® | Online | English |

ADVANCED TRAINING 2025

MARCH

27-28 September 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 2025-2026

2 + 9 October (2025) Online English

19-20 March (2026) 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!**