

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

17-18 May	BODYPUMP®	Online	English
-----------	-----------	--------	---------

JUNE

7 June	FUNCTIONAL STRENGTH™	Online	English
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 Aug	LES MILLS SHAPES™	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 Sept	LES MILLS SHAPES™	Umeå	Swedish
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

17-18 May	BODYPUMP®	Online	English
-----------	-----------	--------	---------

JUNE

7 June	FUNCTIONAL STRENGTH™	Online	English
--------	----------------------	--------	---------

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 Aug	LES MILLS SHAPES™	Online	English
--------	-------------------	--------	---------

16-17 Aug	BODYPUMP®	Helsinki	Finnish
-----------	-----------	----------	---------

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

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

17-18 May	BODYPUMP®	Online	English
-----------	-----------	--------	---------

JUNE

7 June	FUNCTIONAL STRENGTH™	Online	English
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 Aug	LES MILLS SHAPES™	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!**