



LES MILLS NORDIC QUARTERLY DATES | Q4.25

WELCOME TO LES MILLS QUARTERLY EVENT DAYS

Join us for program-specific masterclasses, Q&A sessions* and a unique lecture** open for all programs packed with practical tools to elevate your classes and infuse them with more mindfulness than ever before. It's a full day of inspiration, connection and harmony. Make sure to book your spot in LES MILLS CONNECT!

BODYMIND DAY

Get ready for a day designed to recharge your soul as we dive into the latest releases!

CYCLE DAY

Get ready for a day designed to give you speed & endurance as we ride the latest releases!

STRENGTH DAY

Get ready for a day designed to empower your strength in combination with training the new releases!

ENERGY DAY

Get ready for a day designed to ignite your energy as we jump into the latest releases!

* Masterclasses is 30-min, 45-min or 60-min depending on program format + Q&A is 15-min.

** Lecture is 60-min.

LES MILLS



UPDATES & IMPORTANT DATES

Attention: Group Fitness Managers

To book Quarterly Workshops or Webinars, please ensure your instructors have an active Releases Subscription.

Please update your team's Releases status in LES MILLS CONNECT by 30 November.

Attention: Instructors

To secure your spot in Quarterly Workshops or Webinars, you must have an active Releases Subscription for the relevant programs.

To keep your certification active:

- Attend at least 2 Quarterly Workshops or Webinars per year.
- Purchase the latest release 4 times per year for your active programs.

Are you paying for your Releases yourself?

Make sure your payment method is up to date in LES MILLS CONNECT by 30 November.

New Releases

Will be available in LES MILLS CONNECT on 2 December.

Booking

You book your webinar spot as usual through:

LES MILLS CONNECT

Next round - Q1.26

- Quarterly weeks: 8-10
- Team updates deadline: 23 February
- Payment updates deadline: 23 February
- Releases available: 25 February

Contact

If you have any questions or need our support contact us at: nordic@lesmills.com.

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LES MILLS QUARTERLY EVENT DAYS

LOCAL TIME

SWEDEN

STOCKHOLM - ENERGY DAY

Date	Time	Program	Location	Presenter
29-Nov	09:30-10:45	BODYCOMBAT®	Nordic Wellness Karlavägen	Cristine Skogastierna & Marco Mazza Klemi
29-Nov	11:00-12:15	BODYATTACK®	Nordic Wellness Karlavägen	Lydia Johansson & Billy Magg
29-Nov	12:30-13:30	Lecture: ENERGY	Nordic Wellness Karlavägen	Lydia Johansson
29-Nov	13:45-14:45	LES MILLS DANCE™	Nordic Wellness Karlavägen	Billy Magg & Niklas Bohlin
29-Nov	15:00-16:15	BODYJAM®	Nordic Wellness Karlavägen	Billy Magg & Niklas Bohlin

STOCKHOLM - BODYMIND DAY

Date	Time	Program	Location	Presenter
30-Nov	10:15-11:15	LES MILLS YOGA™	Nordic Wellness Karlavägen	Marika Jingblad & Anna-Karin Wikström
30-Nov	11:30-12:45	BODYBALANCE®	Nordic Wellness Karlavägen	Marika Jingblad & Anna-Karin Wikström
30-Nov	13:00-14:00	Lecture: BODYMIND	Nordic Wellness Karlavägen	Marika Jingblad
30-Nov	14:15-15:15	LES MILLS SHAPES™	Nordic Wellness Karlavägen	Niklas Bohlin
30-Nov	15:30-16:30	LES MILLS PILATES™	Nordic Wellness Karlavägen	Anna-Karin Wikström

STOCKHOLM - STRENGTH DAY

Date	Time	Program	Location	Presenter
06-Dec	10:15-11:15	STRENGTH DEVELOPMENT™	Nordic Wellness Karlavägen	Lydia Johansson
06-Dec	11:30-12:45	BODYPUMP®	Nordic Wellness Karlavägen	Fanny Åhlund & Marika Jingblad
06-Dec	13:00-14:00	Lecture: STRENGTH	Nordic Wellness Karlavägen	Fanny Åhlund
06-Dec	14:15-15:30	BODYPUMP® HEAVY	Nordic Wellness Karlavägen	Fanny Åhlund & Marika Jingblad
06-Dec	15:45-16:30	LES MILLS CORE™	Nordic Wellness Karlavägen	Anna-Karin Wikström
06-Dec	11:00-12:30	THE TRIP™ IMMERSIVE	SATS Stureplan	Mikaela Ahvenainen

STOCKHOLM - CYCLE DAY

Date	Time	Program	Location	Presenter
07-Dec	10:15-11:15	RPM®	Nordic Wellness Karlavägen	Helena Ljungström
07-Dec	11:30-12:30	Lecture: CYCLE	Nordic Wellness Karlavägen	Fanny Åhlund
07-Dec	12:45-13:30	LES MILLS SPRINT™	Nordic Wellness Karlavägen	Fanny Åhlund

GÖTEBORG - STRENGTH DAY

Date	Time	Program	Location	Presenter
29-Nov	10:30-11:30	STRENGTH DEVELOPMENT™	Nordic Wellness Lindholmen	Simon Nilsson
29-Nov	11:45-13:00	BODYPUMP® HEAVY	Nordic Wellness Lindholmen	Simon Nilsson & Karin Björneloo
29-Nov	13:15-14:15	Lecture: STRENGTH	Nordic Wellness Lindholmen	Simon Nilsson
29-Nov	14:30-15:45	BODYPUMP®	Nordic Wellness Lindholmen	Ida Sarström & Fanny Åhlund
29-Nov	16:00-16:45	LES MILLS CORE™	Nordic Wellness Lindholmen	Fanny Åhlund & Karin Björneloo

GÖTEBORG - CYCLE DAY

Date	Time	Program	Location	Presenter
30-Nov	10:15-11:15	RPM®	Nordic Wellness Backaplan	Ida Sarström
30-Nov	11:30-12:30	Lecture: CYCLE	Nordic Wellness Backaplan	Fanny Åhlund
30-Nov	12:45-13:30	LES MILLS SPRINT™	Nordic Wellness Backaplan	Fanny Åhlund & Ida Sarström

LES MILLS QUARTERLY EVENT DAYS

LOCAL TIME

SWEDEN

GÖTEBORG - ENERGY DAY

Date	Time	Program	Location	Presenter
06-Dec	10:30-11:45	BODYATTACK®	Nordic Wellness Lindholmen	Simon Nilsson
06-Dec	12:00-13:15	BODYCOMBAT®	Nordic Wellness Lindholmen	Elina Ekelund
06-Dec	13:30-14:30	Lecture: ENERGY	Nordic Wellness Lindholmen	Niklas Bohlin
06-Dec	14:45-15:45	LES MILLS DANCE™	Nordic Wellness Lindholmen	Niklas Bohlin
06-Dec	16:00-17:15	BODYJAM®	Nordic Wellness Lindholmen	Niklas Bohlin

GÖTEBORG - BODYMIND DAY

Date	Time	Program	Location	Presenter
07-Dec	10:00-11:00	LES MILLS YOGA™	Nordic Wellness Lindholmen	Teresia Björkqvist
07-Dec	11:15-12:30	BODYBALANCE®	Nordic Wellness Lindholmen	Jimmy Tang & Teresia Björkqvist
07-Dec	12:45-13:45	Lecture: BODYMIND	Nordic Wellness Lindholmen	Teresia Björkqvist
07-Dec	14:00-15:00	LES MILLS PILATES™	Nordic Wellness Lindholmen	Jimmy Tang
07-Dec	15:15-16:15	LES MILLS SHAPES™	Nordic Wellness Lindholmen	Teresia Björkqvist

MALMÖ - BODYMIND DAY

Date	Time	Program	Location	Presenter
29-Nov	10:15-11:15	LES MILLS YOGA™	Nordic Wellness Svågertorp	Louise Nilsson
29-Nov	11:30-12:45	BODYBALANCE®	Nordic Wellness Svågertorp	Hanna Lundh
29-Nov	13:00-14:00	Lecture: BODYMIND	Nordic Wellness Svågertorp	Hanna Lundh
29-Nov	14:15-15:15	LES MILLS SHAPES™	Nordic Wellness Svågertorp	Louise Nilsson
29-Nov	15:30-16:30	LES MILLS PILATES™	Nordic Wellness Svågertorp	Louise Nilsson

MALMÖ - ENERGY DAY

Date	Time	Program	Location	Presenter
06-Dec	10:15-11:15	RPM®	Nordic Wellness Svågertorp	Bas Hollander
06-Dec	11:30-12:15	LES MILLS SPRINT™	Nordic Wellness Svågertorp	Bas Hollander
06-Dec	12:30-13:30	Lecture: ENERGY	Nordic Wellness Svågertorp	Bas Hollander
06-Dec	13:45-15:00	BODYCOMBAT®	Nordic Wellness Svågertorp	Claudia Kupferschmidt de la Mau
06-Dec	15:15-16:15	LES MILLS DANCE™	Nordic Wellness Svågertorp	Claudia Kupferschmidt de la Mau

MALMÖ - STRENGTH DAY

Date	Time	Program	Location	Presenter
07-Dec	09:45-10:45	STRENGTH DEVELOPMENT™	Nordic Wellness Fair Play	Simon Nilsson & Elina Ekelund
07-Dec	11:00-12:15	BODYPUMP® HEAVY	Nordic Wellness Fair Play	Simon Nilsson & Elina Ekelund
07-Dec	12:30-13:30	Lecture: STRENGTH	Nordic Wellness Fair Play	Simon Nilsson
07-Dec	13:45-15:00	BODYPUMP®	Nordic Wellness Fair Play	Karin Björneloo
07-Dec	15:15-16:00	LES MILLS CORE™	Nordic Wellness Fair Play	Karin Björneloo

LES MILLS QUARTERLY EVENT DAYS

LOCAL TIME

FINLAND

HELSINKI - BODYMIND DAY

Date	Time	Program	Location	Presenter
29-Nov	09:30-10:30	LES MILLS YOGA™	Forever Herttoniemi	Teresia Björkqvist (Masterclass + Q&As in English)
29-Nov	10:45-12:00	BODYBALANCE®	Forever Herttoniemi	Teresia Björkqvist (Masterclass + Q&As in English)
29-Nov	12:15-13:15	Lecture: BODYMIND	Forever Herttoniemi	Teresia Björkqvist (Lecture in English)
29-Nov	13:30-14:30	LES MILLS SHAPES™	Forever Herttoniemi	Kimi Holm
29-Nov	14:45-15:45	LES MILLS PILATES™	Forever Herttoniemi	Kimi Holm

HELSINKI - STRENGTH DAY

Date	Time	Program	Location	Presenter
07-Dec	09:30-10:30	STRENGTH DEVELOPMENT™	Forever Herttoniemi	Karo Nyman
07-Dec	10:45-12:00	BODYPUMP®	Forever Herttoniemi	Konsta Kossi & Hanne Vilpponen
07-Dec	12:15-13:15	Lecture: STRENGTH	Forever Herttoniemi	Karo Nyman
07-Dec	13:30-14:45	BODYPUMP® HEAVY	Forever Herttoniemi	Konsta Kossi & Hanne Vilpponen
07-Dec	15:00-15:45	LES MILLS CORE™	Forever Herttoniemi	Eerika Bui

NORWAY

STAVANGER - BODYMIND DAY

Date	Time	Program	Location	Presenter
06-Dec	09:30-10:30	LES MILLS YOGA™	Arena trenningssenter Hinna	Sander Johansen
06-Dec	10:45-12:00	BODYBALANCE®	Arena trenningssenter Hinna	Sander Johansen
06-Dec	12:15-13:15	Lecture: BODYMIND	Arena trenningssenter Hinna	Sander Johansen
06-Dec	13:30-14:30	LES MILLS SHAPES™	Arena trenningssenter Hinna	Sander Johansen
06-Dec	14:45-15:45	LES MILLS PILATES™	Arena trenningssenter Hinna	Sander Johansen

POLAND

WARSAW - BODYMIND DAY

Date	Time	Program	Location	Presenter
29-Nov	09:30-10:30	LES MILLS YOGA™	Zdrofit Varso	Natalia Litwiniuk
29-Nov	10:45-11:45	Lecture: BODYMIND	Zdrofit Varso	Natalia Litwiniuk
29-Nov	12:00-13:15	BODYBALANCE®	Zdrofit Varso	Natalia Litwiniuk

WARSAW - STRENGTH DAY

Date	Time	Program	Location	Presenter
30-Nov	09:30-10:45	BODYCOMBAT®	Zdrofit Varso	Adam Wadhwa & Kamil Zielinski
30-Nov	11:00-12:15	BODYPUMP®	Zdrofit Varso	Pawel Jeziorek
30-Nov	12:30-13:30	Lecture: STRENGTH	Zdrofit Varso	Kamil Zielinski
30-Nov	13:45-15:00	BODYPUMP® HEAVY	Zdrofit Varso	Pawel Jeziorek & Kamil Zielinski
30-Nov	15:15-16:00	LES MILLS CORE™	Zdrofit Varso	Pawel Jeziorek

LES MILLS QUARTERLY EVENT DAYS

LOCAL TIME

CZECH REPUBLIC

PRAGUE - BODYMIND DAY

Date	Time	Program	Location	Presenter
29-Nov	12:30-13:45	BODYBALANCE®	Form Factory Karlin	Veronika Benesova
29-Nov	14:00-15:00	Lecture: BODYMIND	Form Factory Karlin	Veronika Benesova
29-Nov	15:15-16:15	LES MILLS YOGA™	Form Factory Karlin	Veronika Benesova

PRAGUE - ENERGY DAY

Date	Time	Program	Location	Presenter
06-Dec	10:45-12:00	BODYATTACK®	Form Factory Karlin	Eva Dobesova & Billy Magg
06-Dec	12:15-13:30	BODYCOMBAT®	Form Factory Karlin	Veronika Benesova
06-Dec	13:45-14:45	Lecture: ENERGY	Form Factory Karlin	Eva Dobesova
06-Dec	15:00-16:00	LES MILLS DANCE™	Form Factory Karlin	Billy Magg (Masterclass + Q&As in English)
06-Dec	16:15-17:15	BODYJAM®	Form Factory Karlin	Billy Magg (Masterclass + Q&As in English)

PRAGUE - STRENGTH DAY

Date	Time	Program	Location	Presenter
07-Dec	09:30-10:15	LES MILLS CORE™	Form Factory Karlin	Billy Magg (Masterclass + Q&As in English)
07-Dec	10:30-11:45	BODYPUMP®	Form Factory Karlin	Veronika Benesova & Eva Dobesova
07-Dec	12:00-13:00	Lecture: STRENGTH	Form Factory Karlin	Veronika Benesova
07-Dec	13:15-14:30	BODYPUMP® HEAVY	Form Factory Karlin	Veronika Benesova & Eva Dobesova
07-Dec	14:45-15:30	LES MILLS GRIT®	Form Factory Karlin	Eva Dobesova

ROMANIA

BUCHAREST - STRENGTH DAY

Date	Time	Program	Location	Presenter
06-Dec	13:00-14:15	BODYPUMP®	World Class Cotroceni Park One	Cristina Constantinescu
06-Dec	14:30-15:30	Lecture: STRENGTH	World Class Cotroceni Park One	Cristina Constantinescu
06-Dec	15:45-17:00	BODYCOMBAT®	World Class Cotroceni Park One	Cristina Constantinescu

BUCHAREST - BODYMIND DAY

Date	Time	Program	Location	Presenter
07-Dec	13:15-14:15	LES MILLS YOGA™	World Class Cotroceni Park One	Cristina Constantinescu
07-Dec	14:30-15:30	Lecture: BODYMIND	World Class Cotroceni Park One	Cristina Constantinescu
07-Dec	15:45-16:45	LES MILLS SHAPES™	World Class Cotroceni Park One	Cristina Constantinescu

LES MILLS QUARTERLY WEBINARS

CENTRAL EUROPEAN STANDARD TIME - CEST

ONLINE

Date	Time	Program	Language	Presenter
03-Dec	19:00-20:00	BODYPUMP®	Swedish	Elin Atlebond-Steen & Simon Nilsson
03-Dec	19:00-20:00	LES MILLS PILATES™	English	Louise Nilsson & Kimi Holm
03-Dec	20:15-21:15	LES MILLS SHAPES™	English	Kimi Holm & Sander Johansen
03-Dec	20:15-21:15	BODYBALANCE®	Swedish	Louise Nilsson & Elin Atlebond-Steen
04-Dec	12:00-13:00	BODYPUMP®	English	Elin Atlebond-Steen & Konsta Kossi
04-Dec	19:00-20:00	THE TRIP™ IMMERSIVE	English	Eerika Bui
04-Dec	19:00-20:00	LES MILLS DANCE™	English	Niklas Bohlin & Dorotka Baburin
04-Dec	20:15-21:15	BODYJAM®	English	Dorotka Baburin & Claudia Kupferschmidt de la Mau
04-Dec	20:15-21:15	LES MILLS CORE™	English	Niklas Bohlin & Fanny Åhlund
08-Dec	19:00-20:00	BODYCOMBAT®	English	Joakim livonen & Cristina Skogastierna
08-Dec	19:00-20:00	STRENGTH DEVELOPMENT™	English	Simon Nilsson & Karo Nyman
08-Dec	20:15-21:15	BODYPUMP®	English	Konsta Kossi & Simon Nilsson
08-Dec	20:15-21:15	LES MILLS GRIT®	English	Joakim livonen & Karo Nyman
09-Dec	19:00-20:00	BODYATTACK®	English	Lydia Johansson & Eva Dobesova
09-Dec	19:00-20:00	LES MILLS YOGA™	English	Teresia Björkqvist & Marika Jingblad
09-Dec	20:15-21:15	BODYBALANCE®	English	Teresia Björkqvist & Marika Jingblad
09-Dec	20:15-21:15	BODYSTEP®	English	Ditte Sommer Weinreich & Hanne Vilpponen
13-Dec	09:00-10:00	LES MILLS SPRINT™	English	Ida Sarström & Fanny Åhlund
13-Dec	10:15-11:15	RPM®	English	Ditte Sommer Weinreich & Ida Sarström
14-Dec	18:00-19:00	BODYBALANCE®	English	Louise Nilsson & Elin Atlebond-Steen
14-Dec	19:15-20:15	BODYPUMP®	English	Konsta Kossi & Elin Atlebond-Steen
14-Dec	20:30-21:30	BODYCOMBAT®	English	Joakim livonen & Cristina Skogastierna