

LES MILLS NORDIC INSTRUCTOR COACHES



WHAT IS AN INSTRUCTOR COACH?

A Les Mills Instructor Coach is someone that is there to help and guide instructors to be the best they can be. Giving them a great start on their instructor journey.

They support you along the way, from preparing your certification film, finding places to practice, even with attending an Advanced Training.

You can find support almost everywhere around the Les Mills Nordic community. If you would like some support, contact your nearest Instructor Coach.

Instructor Coaches offer their help free of charge and they integrate the support into their everyday life.

Whether you're already an experienced Les Mills Instructor or if you are attending your very first initial training. The Instructor Coaches support you on your journey towards certification.

SUPPORT BEFORE THE TRAINING

- Answering questions about pre-work in the run-up to the training.
- Support with choreography notes, tempo - how to listen to the beat, technique.
- What to think about and bring with you to the training.

Have the handbook and, if necessary, the choreography notes at hand when getting support.

SUPPORT AFTER THE TRAINING

Discuss outcome feedback with the Instructor Coach at hand and, if necessary, get support on the video(s) on a platform that you can share with your coach.

Good to know is that the Instructor Coach only has access to data that the instructors share directly with them.

PROGRAM NAMES

BODYATTACK® = BA
BODYBALANCE® = BB
BODYCOMBAT® = BC
BODYJAM® = BJ
BODYPUMP® = BP
BODYSTEP® = BS
LES MILLS CORE™ = CORE
LES MILLS DANCE™ = DANCE
LES MILLS GRIT™ = GRIT
LES MILLS PILATES™ = PILATES
LES MILLS RPM™ = RPM
LES MILLS SHAPES™ = SHAPES
LES MILLS SPRINT™ = SPRINT
LES MILLS TONE™ = TONE
LES MILLS THE TRIP™ = TRIP
LES MILLS YOGA™ = YOGA
FUNCTIONAL STRENGTH™ = FUN STR
STRENGTH DEVELOPMENT™ = STR DEV
LES MILLS CEREMONY™ = CEREMONY

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - STOCKHOLM AREA



ANDREAS NILSSON

📍 GRIT
✉ Email [Andreas](#)
📷 @latinanilsson



ANNA OCTAVIA YIGIT

📍 BB, BP
✉ Email [Anna](#)
📷 @annaoctavia



CORNELIA CONDEESCU

📍 BB, BC, DANCE
✉ Email [Cornelia](#)
📷 @cornelia.condeescu



IVETTE NILSSON

📍 BJ, BP, CORE, STR DEV
✉ Email [Ivette](#)
📷 @latinanilsson



KAMAR MUNOZ GONZALEZ

📍 BB, BJ, BP, CORE
✉ Email [Kamar](#)
📷 @babyshrimpqam



SACHIN SHARMA

📍 BP, DANCE, THE TRIP
✉ Email [Sachin](#)
📷 @stayfitwithsachin



SUSANN HEDLUND

📍 BP, CORE, TONE, GRIT, RPM, THE TRIP, STR
DEV, SHAPES, SPRINT, PILATES, YOGA
✉ Email [Susann](#)
📷 @sudalijoh



SABINA LYDEKING HERMANSEN

📍 BB, CORE
✉ Email [Sabina](#)
📷 @lasabina

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - GOTHENBURG, WEST AREA



AMANDA SANDÉN

🏋️ BP, BA, RPM, SPRINT
✉ [Email Amanda](#)
📷 @amandasanden_



ANDERS DAHLBOM

🏋️ BA, BB, BC, BP, CORE, GRIT, STR DEV
✉ [Email Anders](#)
📷 @adahlbom



ANNA TORSTENSSON

🏋️ BB, BC, BP, CORE, STR DEV
✉ [Email Anna](#)
📷 @anna_torstensson



CARL-FILIP BJÖRCK

🏋️ BP
✉ [Email Carl-Filip](#)
📷 @coachprinsen



ELLINOR NYQVIST

🏋️ BB, BP, BS, CORE, RPM
✉ [Email Ellinor](#)
📷 @ellinornyqvist



JENNIE HAGMAN

🏋️ BA, BP, CORE, GRIT, SPRINT, SHAPES, STR DEV
✉ [Email Jennie](#)
📷 @jenniiiehagman



MALIN BENNERGÅRD

🏋️ BA, BC, BP, GRIT, SPRINT, STR DEV, SHAPES
✉ [Email Malin](#)
📷 @malin.bennergard



MATHILDA FORSBY

🏋️ BB, BC, BP
✉ [Email Mathilda](#)
📷 @mforsby



NADJA IBRAHIM

🏋️ BP, GRIT
✉ [Email Nadja](#)
📷 @nadjaibrahim_



SIDDHANT GUPTA

🏋️ BA, BB, BP, CORE, STR DEV, SHAPES, PILATES
✉ [Email Siddhant](#)
📷 @siddhantgupta06



SOFIA JALNEFJORD

🏋️ BB, BP, CORE, SPRINT, PILATES
✉ [Email Sofia](#)
📷 @sofijalnefjord

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - SOUTH AREA



CHRISTIAN ANDERSSON

📍 BC
✉ [Email Christian](#)
📷



FABIAN TANG

📍 BA, BB, BP, CORE
✉ [Email Fabian](#)
📷 @fabtang



HELENA GEREPRO

📍 BP, DANCE, STR DEV
✉ [Email Helena](#)
📷 @helenagerebro



KRISTINA WESTERBERG

📍 CORE, SPRINT
✉ [Email Kristina](#)
📷 @workoutwithkristinaw



OLGA YAKIMENKO

📍 BB, BP, CORE, SPRINT
✉ [Email Olga](#)
📷



ULRIKA CARLSSON

📍 BB, BP, CORE, STR DEV, PILATES
✉ [Email Ulrika](#)
📷 @pt.ullis_

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - DALARNA AREA



ANGELICA JANSSON

📍 BB, BP, CORE
✉ [Email Angelica](#)
📷 [@coach__anja](#)

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - LINKÖPING - ÖREBRO AREA



EVA LINDÉN

📍 BB, CORE, SPRINT
✉ [Email Eva](#)
📷 [@evis7](#)



OSCAR UNDEVALL

📍 BA, BB, BP, RPM, SPRINT, SHAPES
✉ [Email Oscar](#)
📷 [@oscarundevall](#)

LES MILLS NORDIC INSTRUCTOR COACHES DENMARK - SYD- OCH MIDTJYLLAND



ANNE SOFIE LAURSEN

BA, BB, BP, BS, CORE
Email Anne Sofie
@annesofielaursen



ANNE SKOV

BA, BB, BP, BS, CORE
Email Anne
@anneskov8



JANE PUGGARD

BA, BB, BC, BP, BS, CORE
Email Jane
@pugge05



MARIA FRANDSEN

BB, BC, CORE, STR DEV, SHAPES
Email Maria
@_lidt.af.hvert_



RIKKE S. CHRISTENSEN

BC
Email Rikke
@riksen116

LES MILLS NORDIC INSTRUCTOR COACHES DENMARK - HOVEDSTADEN



HENRIK HALLBERG

📍 BC
✉ Email Henrik
📱 @hense1970



METTE STUBKJAER CHRISTENSEN

📍 BP, CORE, RPM
✉ Email Mette
📱 @mstubkjaer

LES MILLS NORDIC INSTRUCTOR COACHES DENMARK - NORDJYLLAND



CAMILLA LUND HAGENSEN

📍 BA, BC, BP, CEREMONY
✉ Email Camilla
📱 @camilla_miszlund

LES MILLS NORDIC INSTRUCTOR COACHES FINLAND - SOUTH AREA



ANNI PEKKANEN

🏋️ BB, BC, BP, CORE, DANCE, TRIP

@ Email Anni

📧 @annimariap



HENKKA HYTINEN

🏋️ BA, BC, BP, CORE, GRIT

@ Email Henkka

📧 @henkkaemeli



KAROLINA TEIR

🏋️ BC, BP, DANCE, TRIP

@ Email Karolina

📧 @karolinateir



KERTTU RISSANEN

🏋️ BB, BC, BP

@ Email Kerttu

📧 @kerttumatilda



LAURA VUORINEN

🏋️ BA, BB, BC, BP, CORE, TONE, SPRINT

@ Email Laura

📧 @lauravuor



MIRA RANTAVUO

🏋️ BB, BC, BJ, DANCE, YOGA

@ Email Mira

📧 @mirarantavuo



SIIRI MURTO

🏋️ BA, BB, BC, BJ, BP, CORE, GRIT, DANCE, TRIP, SHAPES

@ Email Siiri

📧 @siiri_m

LES MILLS NORDIC INSTRUCTOR COACHES FINLAND - EAST AREA



JAANA LAPPALAINEN

🏋️ BA, BC, BP, BS, DANCE, FUN
STR, CEREMONY

@ [Email Jaana](#)

📧 [@jaanalappalainen](#)



MWENDWA MAZENGO

🏋️ BA, BC, BP, CORE, GRIT

@ [Email Mwenda](#)

📧 [@memmism](#)

LES MILLS NORDIC INSTRUCTOR COACHES FINLAND - NORTH AREA



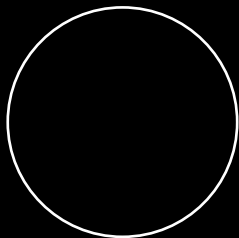
KAARINA PELTTARI

🏋️ BB, BC, BP, CORE, SPRINT

@ [Email Kaarina](#)

📧 [@fysiokarpalo](#)

LES MILLS NORDIC INSTRUCTOR COACHES CZECH REPUBLIC - PRAGUE AREA



JOSEF SYKORA

🏋️ BA, BC
✉ [Email Josef](#)
📷 [@pepa.sykora](#)



MONIKA TRNKOVÁ

🏋️ BB, BC, BJ, BP, CORE, GRIT,
DANCE, SPRINT
✉ [Email Monika](#)
📷 [@mon_chichi263](#)



RAUL LEUSKA

🏋️ BC, BP, GRIT, DANCE, STR DEV
✉ [Email Raul](#)
📷 [@raulleuska](#)



VITEZSLAV BOGAC

🏋️ BB, BJ, BP, CORE, GRIT,
DANCE, SHAPES, PILATES
✉ [Email Vitezslav](#)
📷 [@vitabogac](#)

LES MILLS NORDIC INSTRUCTOR COACHES CZECH REPUBLIC - BRNO AREA



ANNA NEKLANOVÁ

🏋️ BP, BS, CORE, PILATES
✉ [Email Anna](#)
📷 [@annavonneklan](#)

LES MILLS NORDIC INSTRUCTOR COACHES CZECH REPUBLIC - OSTRAVA AREA



VÁCLAV KOHN

BA, BB, BC, BP, BS, GRIT,
SPRINT, RPM, SHAPES

@ Email Václav

@ [@vasek_11s](https://www.instagram.com/vasek_11s)

LES MILLS NORDIC INSTRUCTOR COACHES ESTONIA - TALLINN AREA



MEELI KASK

BC, CORE

@ Email Meeli

@ [@meelikask](https://www.instagram.com/meelikask)



MERJE KASK

BA, BP, GRIT

@ Email Merje

@ [@merjekask](https://www.instagram.com/merjekask)

LES MILLS NORDIC INSTRUCTOR COACHES SLOVAKIA - BRATISLAVA AREA



SILVIA BULISAKOVA

📍 BB, BC, BP, DANCE

✉ Email Silvia

📷 @devilinsoul

LES MILLS NORDIC INSTRUCTOR COACHES SLOVAKIA - KOSICE AREA



ROBERT BELOHORSKY

📍 BC, BP, STR DEV, FUN STR

✉ Email Robert

📷 @robo_belo

LES MILLS NORDIC INSTRUCTOR COACHES POLAND - WARSAW AREA



MALGORZATA ZALEWSKA

🏋️ BB, BC, BP, BS, CORE
✉ [Email Malgorzata](#)
📷 @



MARTA SWIERZBINSKA

🏋️ BB, BP, CORE, RPM
✉ [Email Marta](#)
📷 @marta.swierzbinska

LES MILLS NORDIC INSTRUCTOR COACHES POLAND - SZCZECIN AREA



ERNEST ALBERT

🏋️ BC, BP, GRIT, RPM
✉ [Email Ernest](#)
📷 @just_be_a_hero

LES MILLS NORDIC INSTRUCTOR COACHES POLAND - KRAKOW AREA



BARTOSZ LATA

 BA, BC, BP, GRIT

 [Email Bartosz](#)

 [@i_am_febo](#)

LES MILLS NORDIC INSTRUCTOR COACHES POLAND - GDYNIA AREA



ALICJA BUCZKOWSKA

 BA, BB, BC, BP, CORE, GRIT

 [Email Alicja](#)

 [@ali_in_poland](#)

LES MILLS NORDIC INSTRUCTOR COACHES NORWAY - OSLO AREA



SIGNE MJELDE GRÖNDAHL

📍 BB, BC, BJ, BP, DANCE
✉ [Email Signe](#)
📱 [@signemjelde](#)



SYLVIA SÖRLIE

📍 BB, BJ, BP
✉ [Email Sylvia](#)
📱 [@sysorlie](#)

LES MILLS NORDIC INSTRUCTOR COACHES LITHUANIA - KAUNAS AREA



DIANA BULOTE

📍 BC, BP
✉ [Email Diana](#)
📱 [@dianafitnesslt](#)