



# LES MILLS NORDIC QUARTERLY DATES | Q1.26

## Quarterly Workshops & Masterclasses

Masterclass, followed by a 15-minute release-specific Q&A.

## Quarterly Webinars

In the webinars, we will dive into program-specific knowledge, including what is new in each program and the latest updates across the 5 key elements that shape how our programs evolve.

## STRENGTH LAB

This session gives you all three of our key strength programs back-to-back: BODYPUMP®, BODYPUMP HEAVY™, LES MILLS STRENGTH DEVELOPMENT™. Feel the difference. Explore the uniqueness. Discover what makes each program stand out in the strength category.

|        |              |           |                             |
|--------|--------------|-----------|-----------------------------|
| 22-Feb | STRENGTH LAB | Göteborg  | Nordic Wellness Lindholmen  |
| 28-Feb | STRENGTH LAB | Stockholm | Nordic Welleness Karlavägen |
| 28-Feb | STRENGTH LAB | Helsinki  | Forever Herttonemie         |

## Good to know - Q2.26

The next quarter Q2.26 will be fully online. If you love the live energy this is the quarter to join.



# 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 23 February.

## **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 23 February.

## **New Releases**

Will be available in LES MILLS CONNECT on 25 February.

## **Booking**

You book your webinar spot as usual through:

**LES MILLS CONNECT**

## **Next round - Q2.26 - Online Only**

- Quarterly weeks: 21-23
- Team updates deadline: 18 May
- Payment updates deadline: 18 May
- Releases available: 20 May

## **Contact**

If you have any questions or need our support contact us at: [nordic@lesmills.com](mailto:nordic@lesmills.com).

**LES MILLS**

# QUARTERLY WORKSHOPS

LOCAL TIME

## SWEDEN

### STOCKHOLM

| Date   | Time        | Program               | Location                       | Presenter                                    |
|--------|-------------|-----------------------|--------------------------------|----------------------------------------------|
| 21-Feb | 10:30-11:45 | BODYCOMBAT®           | Nordic Wellness Drottninggatan | Claudia Kupferschmidt de la Mau              |
| 21-Feb | 12:00-13:15 | BODYATTACK®           | Nordic Wellness Drottninggatan | Billy Magg                                   |
| 21-Feb | 13:30-14:30 | LES MILLS DANCE™      | Nordic Wellness Drottninggatan | Claudia Kupferschmidt de la Mau & Billy Magg |
| 21-Feb | 14:45-16:00 | BODYJAM®              | Nordic Wellness Drottninggatan | Claudia Kupferschmidt de la Mau              |
|        |             |                       |                                |                                              |
| 22-Feb | 10:15-11:15 | LES MILLS PILATES™    | Nordic Wellness Karlavägen     | Jimmy Tang                                   |
| 22-Feb | 11:30-12:30 | LES MILLS YOGA™       | Nordic Wellness Karlavägen     | Elin Atlebond-Steen                          |
| 22-Feb | 12:45-14:00 | BODYBALANCE®          | Nordic Wellness Karlavägen     | Elin Atlebond-Steen                          |
| 22-Feb | 14:15-15:30 | BODYPUMP®             | Nordic Wellness Karlavägen     | Elin Atlebond-Steen                          |
|        |             |                       |                                |                                              |
| 28-Feb | 10:15-11:15 | LES MILLS SHAPES™     | Nordic Wellness Karlavägen     | Niklas Bohlin                                |
| 28-Feb | 11:30-12:15 | LES MILLS CORE™       | Nordic Wellness Karlavägen     | Lydia Johansson                              |
| 28-Feb | 12:30-13:30 | STRENGTH DEVELOPMENT™ | Nordic Wellness Karlavägen     | Lydia Johansson & Elina Ekelund              |
| 28-Feb | 13:45-15:00 | BODYPUMP®             | Nordic Wellness Karlavägen     | Fanny Åhlund & Elina Ekelund                 |
| 28-Feb | 15:15-16:15 | BODYPUMP HEAVY™       | Nordic Wellness Karlavägen     | Fanny Åhlund & Elina Ekelund                 |
|        |             |                       |                                |                                              |
| 01-Mar | 10:15-11:15 | RPM®                  | Nordic Wellness Karlavägen     | Bas Hollander                                |
| 01-Mar | 11:30-12:15 | LES MILLS SPRINT™     | Nordic Wellness Karlavägen     | Bas Hollander                                |
| 01-Mar | 13:30-14:30 | THE TRIP™ IMMERSIVE   | SATS Stureplan                 | Bas Hollander                                |
| 01-Mar | 14:45-16:00 | BODYCOMBAT®           | SATS Stureplan                 | Adam Wadhwa                                  |

### GÖTEBORG

| Date   | Time        | Program               | Location                   | Presenter                             |
|--------|-------------|-----------------------|----------------------------|---------------------------------------|
| 21-Feb | 11:30-12:45 | BODYBALANCE®          | Nordic Wellness Lindholmen | Hanna Lundh                           |
| 21-Feb | 13:00-14:15 | BODYCOMBAT®           | Nordic Wellness Lindholmen | Hanna Lundh                           |
| 21-Feb | 14:30-15:45 | BODYPUMP®             | Nordic Wellness Lindholmen | Ida Sarström                          |
|        |             |                       |                            |                                       |
| 22-Feb | 11:30-12:30 | STRENGTH DEVELOPMENT™ | Nordic Wellness Lindholmen | Simon Nilsson                         |
| 22-Feb | 12:45-14:00 | BODYPUMP®             | Nordic Wellness Lindholmen | Cristine Skogastierna                 |
| 22-Feb | 14:15-15:15 | BODYPUMP HEAVY™       | Nordic Wellness Lindholmen | Cristine Skogastierna & Simon Nilsson |
| 22-Feb | 15:30-16:45 | BODYATTACK®           | Nordic Wellness Lindholmen | Simon Nilsson                         |
|        |             |                       |                            |                                       |
| 01-Mar | 11:00-12:00 | RPM®                  | Nordic Wellness Backaplan  | Ida Sarström                          |
| 01-Mar | 12:15-13:00 | LES MILLS SPRINT™     | Nordic Wellness Backaplan  | Ida Sarström                          |
| 01-Mar | 13:15-14:00 | LES MILLS GRIT™       | Nordic Wellness Backaplan  | Niklas Bohlin                         |
| 01-Mar | 14:15-15:00 | LES MILLS CORE™       | Nordic Wellness Backaplan  | Niklas Bohlin                         |
| 01-Mar | 15:15-16:15 | LES MILLS SHAPES™     | Nordic Wellness Backaplan  | Niklas Bohlin                         |

# QUARTERLY WORKSHOPS

LOCAL TIME

## SWEDEN

### MALMÖ

| Date   | Time        | Program               | Location                | Presenter                   |
|--------|-------------|-----------------------|-------------------------|-----------------------------|
| 22-Feb | 10:30-11:45 | BODYBALANCE®          | Nordic Wellness Emporia | Hanna Lundh                 |
| 22-Feb | 12:00-13:15 | BODYCOMBAT®           | Nordic Wellness Emporia | Hanna Lundh & Elina Ekelund |
| 22-Feb | 13:30-14:45 | BODYPUMP®             | Nordic Wellness Emporia | Fanny Åhlund                |
| 22-Feb | 15:00-15:45 | LES MILLS CORE™       | Nordic Wellness Emporia | Fanny Åhlund                |
| 28-Feb | 10:00-11:00 | RPM®                  | Nordic Wellness Emporia | Ida Sarström                |
| 28-Feb | 11:15-12:00 | LES MILLS SPRINT™     | Nordic Wellness Emporia | Ida Sarström                |
| 28-Feb | 12:15-13:30 | BODYPUMP®             | Nordic Wellness Emporia | Ida Sarström                |
| 28-Feb | 13:45-14:45 | BODYPUMP HEAVY™       | Nordic Wellness Emporia | Simon Nilsson               |
| 28-Feb | 15:00-16:15 | BODYATTACK®           | Nordic Wellness Emporia | Simon Nilsson               |
| 01-Mar | 10:30-11:30 | LES MILLS YOGA™       | Nordic Wellness Emporia | Anna-Karin Wikström         |
| 01-Mar | 11:45-12:45 | LES MILLS PILATES™    | Nordic Wellness Emporia | Anna-Karin Wikström         |
| 01-Mar | 13:00-14:00 | LES MILLS SHAPES™     | Nordic Wellness Emporia | Joakim Iivonen              |
| 01-Mar | 14:15-15:15 | STRENGTH DEVELOPMENT™ | Nordic Wellness Emporia | Joakim Iivonen              |

## DENMARK

### COPENHAGEN

| Date   | Time        | Program     | Location    | Presenter             |
|--------|-------------|-------------|-------------|-----------------------|
| 01-Mar | 13:30-14:45 | BODYPUMP®   | SATS Parken | Amalie Nøddeskou-Fink |
| 01-Mar | 15:00-16:15 | BODYCOMBAT® | SATS Parken | Amalie Nøddeskou-Fink |

### HORSENS

| Date   | Time        | Program             | Location                | Presenter                       |
|--------|-------------|---------------------|-------------------------|---------------------------------|
| 28-Feb | 09:00-10:15 | BODYPUMP®           | Fit&Sund Horsens Dagnæs | Ditte Sommer Weinreich          |
| 28-Feb | 10:30-11:30 | BODYATTACK® 45-min  | Fit&Sund Horsens Dagnæs | Ditte Sommer Weinreich          |
| 28-Feb | 11:45-12:45 | BODYCOMBAT® 45-min  | Fit&Sund Horsens Dagnæs | Claudia Kupferschmidt de la Mau |
| 28-Feb | 13:00-14:00 | LES MILLS DANCE™    | Fit&Sund Horsens Dagnæs | Claudia Kupferschmidt de la Mau |
| 28-Feb | 14:15-15:15 | BODYPUMP HEAVY™     | Fit&Sund Horsens Dagnæs | Ditte Sommer Weinreich          |
| 28-Feb | 15:30-16:30 | BODYBALANCE® 45-min | Fit&Sund Horsens Dagnæs | Claudia Kupferschmidt de la Mau |

## NORWAY

### TØNSBERG

| Date   | Time        | Program            | Location                   | Presenter       |
|--------|-------------|--------------------|----------------------------|-----------------|
| 14-Mar | 11:00-12:00 | LES MILLS YOGA™    | Sporty Tønsberg Gressbanen | Sander Johansen |
| 14-Mar | 12:15-13:15 | LES MILLS PILATES™ | Sporty Tønsberg Gressbanen | Sander Johansen |
| 14-Mar | 14:00-15:00 | LES MILLS SHAPES™  | Sporty Tønsberg Gressbanen | Sander Johansen |
| 14-Mar | 15:15-16:30 | BODYATTACK®        | Sporty Tønsberg Gressbanen | Sander Johansen |

# QUARTERLY WORKSHOPS

LOCAL TIME

## FINLAND

### HELSINKI

| Date   | Time        | Program               | Location            | Presenter                 |
|--------|-------------|-----------------------|---------------------|---------------------------|
| 28-Feb | 10:30-11:45 | BODYCOMBAT®           | Forever Herttoniemi | Karo Nyman                |
| 28-Feb | 12:00-13:00 | STRENGTH DEVELOPMENT™ | Forever Herttoniemi | Karo Nyman & Konsta Kossi |
| 28-Feb | 13:15-14:30 | BODYPUMP®             | Forever Herttoniemi | Konsta Kossi              |
| 28-Feb | 14:45-15:45 | BODYPUMP HEAVY™       | Forever Herttoniemi | Konsta Kossi              |
|        |             |                       |                     |                           |
| 01-Mar | 11:15-12:15 | THE TRIP™ IMMERSIVE   | Esport Bristol      | Eerika Bui                |
| 01-Mar | 12:30-13:45 | BODYPUMP®             | Esport Bristol      | Hanne Vilpponen           |
| 01-Mar | 14:00-15:15 | BODYBALANCE®          | Esport Bristol      | Hanne Vilpponen           |

## POLAND

### WARSAW

| Date   | Time        | Program         | Location      | Presenter         |
|--------|-------------|-----------------|---------------|-------------------|
| 21-Feb | 10:00-11:15 | BODYCOMBAT®     | Zdrofit Varso | Kamil Zielinski   |
| 21-Feb | 11:30-12:30 | BODYPUMP HEAVY™ | Zdrofit Varso | Kamil Zielinski   |
| 21-Feb | 12:45-14:00 | BODYPUMP®       | Zdrofit Varso | Szymon Wesolowski |
| 21-Feb | 14:15-15:00 | LES MILLS CORE™ | Zdrofit Varso | Szymon Wesolowski |
|        |             |                 |               |                   |
| 22-Feb | 10:00-11:00 | LES MILLS YOGA™ | Zdrofit Varso | Natalia Litwiniuk |
| 22-Feb | 11:15-12:30 | BODYBALANCE®    | Zdrofit Varso | Natalia Litwiniuk |
| 22-Feb | 12:45-14:00 | BODYPUMP®       | Zdrofit Varso | Kamil Zielinski   |

## CZECH REPUBLIC

### PRAGUE

| Date   | Time        | Program         | Location            | Presenter                           |
|--------|-------------|-----------------|---------------------|-------------------------------------|
| 21-Feb | 12:30-13:45 | BODYCOMBAT®     | Form Factory Karlin | Veronika Benesova & Dominik Ruzicka |
| 21-Feb | 14:00-15:15 | BODYPUMP®       | Form Factory Karlin | Veronika Benesova & Dominik Ruzicka |
| 21-Feb | 15:30-16:15 | LES MILLS GRIT® | Form Factory Karlin | Eva Dobesova                        |
| 21-Feb | 16:30-17:45 | BODYATTACK®     | Form Factory Karlin | Eva Dobesova                        |
|        |             |                 |                     |                                     |
| 22-Feb | 12:00-13:00 | LES MILLS YOGA™ | Form Factory Karlin | Veronika Benesova                   |
| 22-Feb | 13:15-14:30 | BODYBALANCE®    | Form Factory Karlin | Veronika Benesova                   |
| 22-Feb | 14:45-16:00 | BODYPUMP®       | Form Factory Karlin | Eva Dobesova                        |
| 22-Feb | 16:15-17:15 | BODYPUMP HEAVY™ | Form Factory Karlin | Eva Dobesova                        |

## ROMANIA

### BUCHAREST

| Date   | Time        | Program         | Location                               | Presenter               |
|--------|-------------|-----------------|----------------------------------------|-------------------------|
| 28-Feb | 12:30-13:45 | BODYPUMP®       | World Class Romania Cotroceni Park One | Cristina Constantinescu |
| 28-Feb | 14:00-15:15 | BODYCOMBAT®     | World Class Romania Cotroceni Park One | Cristina Constantinescu |
| 28-Feb | 15:30-16:30 | BODYPUMP HEAVY™ | World Class Romania Cotroceni Park One | Cristina Constantinescu |

# QUARTERLY WEBINARS

CENTRAL EUROPEAN TIME - CET

## ONLINE

| Date   | Time        | Program               | Language | Presenter                                         |
|--------|-------------|-----------------------|----------|---------------------------------------------------|
| 02-Mar | 19:00-20:00 | BODYPUMP®             | Swedish  | Simon Nilsson & Elin Atlebond-Steen               |
| 02-Mar | 19:00-20:00 | LES MILLS YOGA™       | English  | Anna-Karin Wikström & Teresia Björkqvist          |
| 02-Mar | 20:15-21:15 | STRENGTH DEVELOPMENT™ | English  | Simon Nilsson & Karo Nyman                        |
| 02-Mar | 20:15-21:15 | BODYBALANCE®          | Swedish  | Marika Jingblad & Teresia Björkqvist              |
| 03-Mar | 19:00-20:00 | LES MILLS PILATES™    | English  | Louise Nilsson & Jimmy Tang                       |
| 03-Mar | 19:00-20:00 | BODYSTEP®             | English  | Lydia Johansson & Ditte Sommer Weinreich          |
| 03-Mar | 20:15-21:15 | BODYATTACK®           | English  | Simon Nilsson & Lydia Johansson                   |
| 03-Mar | 20:15-21:15 | LES MILLS SHAPES™     | English  | Louise Nilsson & Teresa Björkqvist                |
| 04-Mar | 19:00-20:00 | LES MILLS CORE™       | English  | Marika Jingblad & Fanny Åhlund                    |
| 04-Mar | 19:00-20:00 | LES MILLS GRIT®       | English  | Eva Dobesova & Konsta Kossi                       |
| 04-Mar | 20:15-21:15 | BODYPUMP®             | English  | Konsta Kossi & Fanny Åhlund                       |
| 04-Mar | 20:15-21:15 | BODYCOMBAT®           | English  | Adam Wadhwa & Cristina Constantinescu             |
| 05-Mar | 19:00-20:00 | THE TRIP™ IMMERSIVE   | English  | Eerika Bui                                        |
| 05-Mar | 19:00-20:00 | LES MILLS DANCE™      | English  | Niklas Bohlin & Claudia Kupferschmidt de la Mau   |
| 05-Mar | 20:15-21:15 | BODYJAM®              | English  | Dorotka Baburin & Claudia Kupferschmidt de la Mau |
| 05-Mar | 20:15-21:15 | BODYBALANCE®          | English  | Marika Jingblad & Anna-Karin Wikström             |
| 07-Mar | 09:00-10:00 | BODYBALANCE®          | English  | Marika Jingblad & Anna-Karin Wikström             |
| 07-Mar | 10:15-11:15 | BODYPUMP®             | English  | Konsta Kossi & Marika Jingblad                    |
| 07-Mar | 11:30-12:30 | BODYPUMP HEAVY™       | English  | Konsta Kossi & Elin Atlebond-Steen                |
| 08-Mar | 18:00-19:00 | LES MILLS TONE™       | English  | Fanny Åhlund                                      |
| 08-Mar | 19:15-20:15 | LES MILLS SPRINT™     | English  | Ida Sarström & Fanny Åhlund                       |
| 08-Mar | 20:30-21:30 | RPM®                  | English  | Helena Ljungström & Ditte Sommer Weinreich        |