



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.

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	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	Dirte Sommer Weinreich
28-Feb	10:30-11:30	BODYATTACK® 45-min	Fit&Sund Horsens Dagnæs	Dirte 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	Dirte 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