

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](mailto:andreas@latinanilsson.se)
📷 [@latinanilsson](https://www.instagram.com/latinanilsson)



ANNA OCTAVIA YIGIT

📍 BB, BP
✉ [Email Anna](mailto:anna@annaoctavia.se)
📷 [@annaoctavia](https://www.instagram.com/annaoctavia)



CORNELIA CONDEESCU

📍 BB, BC, DANCE
✉ [Email Cornelia](mailto:cornelia@cornelia.condeescu.se)
📷 [@cornelia.condeescu](https://www.instagram.com/cornelia.condeescu)



IVETTE NILSSON

📍 BJ, BP, CORE, STR DEV
✉ [Email Ivette](mailto:ivette@latinanilsson.se)
📷 [@latinanilsson](https://www.instagram.com/latinanilsson)



KAMAR MUNOZ GONZALEZ

📍 BB, BJ, BP, CORE
✉ [Email Kamar](mailto:kamar@babyshrimpqam.se)
📷 [@babyshrimpqam](https://www.instagram.com/babyshrimpqam)



SACHIN SHARMA

📍 BP, DANCE, THE TRIP
✉ [Email Sachin](mailto:sachin@stayfitwithsachin.se)
📷 [@stayfitwithsachin](https://www.instagram.com/stayfitwithsachin)



SUSANN HEDLUND

📍 BP, CORE, TONE, GRIT, RPM, THE TRIP, STR DEV, SHAPES, SPRINT, PILATES, YOGA
✉ [Email Susann](mailto:susann@sudalijoh.se)
📷 [@sudalijoh](https://www.instagram.com/sudalijoh)



SABINA LYDEKING HERMANSEN

📍 BB, CORE
✉ [Email Sabina](mailto:sabina@lasabina.se)
📷 [@lasabina](https://www.instagram.com/lasabina)

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - GOTHENBURG, WEST AREA



AMANDA SANDÉN

📍 BP, BA, RPM, SPRINT
✉ Email Amanda
📷 [@amandasanden_](https://www.instagram.com/amandasanden_)



ANDERS DAHLBOM

📍 BA, BB, BC, BP, CORE, GRIT, STR DEV
✉ Email Anders
📷 [@adahlbom](https://www.instagram.com/adahlbom)



ANNA TORSTENSSON

📍 BB, BC, BP, CORE, STR DEV
✉ Email Anna
📷 [@anna_torstensson](https://www.instagram.com/anna_torstensson)



CARL-FILIP BJÖRCK

📍 BP
✉ Email Carl-Filip
📷 [@coachprinsen](https://www.instagram.com/coachprinsen)



ELLINOR NYQVIST

📍 BB, BP, BS, CORE, RPM
✉ Email Ellinor
📷 [@ellinornyqvist](https://www.instagram.com/ellinornyqvist)



JENNIE HAGMAN

📍 BA, BP, CORE, GRIT, SPRINT, SHAPES, STR DEV
✉ Email Jennie
📷 [@jenniiehagman](https://www.instagram.com/jenniiehagman)



MALIN BENNERGÅRD

📍 BA, BC, BP, GRIT, SPRINT, STR DEV, SHAPES
✉ Email Malin
📷 [@malin.bennergard](https://www.instagram.com/malin.bennergard)



MATHILDA FORSBY

📍 BB, BC, BP
✉ Email Mathilda
📷 [@mforsby](https://www.instagram.com/mforsby)



NADJA IBRAHIM

📍 BP, GRIT
✉ Email Nadja
📷 [@nadjaibrahim_](https://www.instagram.com/nadjaibrahim_)



SIDDHANT GUPTA

📍 BA, BB, BP, CORE, STR DEV, SHAPES, PILATES
✉ Email Siddhant
📷 [@siddhantgupta06](https://www.instagram.com/siddhantgupta06)



SOFIA JALNEFJORD

📍 BB, BP, CORE, SPRINT, PILATES
✉ Email Sofia
📷 [@sofijalnefjord](https://www.instagram.com/sofijalnefjord)

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - SOUTH AREA



CHRISTIAN ANDERSSON

 BC
 [Email Christian](mailto:christian@lesmills.se)




FABIAN TANG

 BA, BB, BP, CORE
 [Email Fabian](mailto:fabian@lesmills.se)
 @fabtang



HELENA GERE BRO

 BP, DANCE, STR DEV
 [Email Helena](mailto:helena@lesmills.se)
 @helenagerebro



KRISTINA WESTERBERG

 CORE, SPRINT
 [Email Kristina](mailto:kristina@lesmills.se)
 @workoutwithkristinaw



OLGA YAKIMENKO

 BB, BP, CORE, SPRINT
 [Email Olga](mailto:olga@lesmills.se)




ULRIKA CARLSSON

 BB, BP, CORE, STR DEV, PILATES
 [Email Ulrika](mailto:ulrika@lesmills.se)
 @pt.ullis_

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - DALARNA AREA



ANGELICA JANSSON

🏋️ BB, BP, CORE
✉ [Email Angelica](mailto:angelica@lesmills.se)
📷 [@coach__anja](https://www.instagram.com/coach__anja)



MADELEINE ERICSSON

🏋️ BP
✉ [Email Madeleine](mailto:madeleine@lesmills.se)
📷 [@Madeleineteresia](https://www.instagram.com/Madeleineteresia)

LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - LINKÖPING - ÖREBRO AREA



EVA LINDÉN

🏋️ BB, BP, CORE, SPRINT
✉ [Email Eva](mailto:eva@lesmills.se)
📷 [@evlis7](https://www.instagram.com/evlis7)



OSCAR UNDEVALL

🏋️ BA, BB, BP, RPM, SPRINT, SHAPES
✉ [Email Oscar](mailto:oscar@lesmills.se)
📷 [@oscarundevall](https://www.instagram.com/oscarundevall)

LES MILLS NORDIC INSTRUCTOR COACHES DENMARK - SYD- OCH MIDTJYLLAND



ANNE SOFIE LAURSEN

📍 BA, BB, BP, BS, CORE
✉ Email Anne Sofie
📷 [@annesofielaursen](https://www.instagram.com/annesofielaursen)



ANNE SKOV

📍 BA, BB, BP, BS, CORE
✉ Email Anne
📷 [@anneskov8](https://www.instagram.com/anneskov8)



JANE PUGGARD

📍 BA, BB, BC, BP, BS, CORE
✉ Email Jane
📷 [@pugge05](https://www.instagram.com/pugge05)



MARIA FRANDSEN

📍 BB, BC, CORE, STR DEV, SHAPES
✉ Email Maria
📷 [@_lidt.af.hvert_](https://www.instagram.com/_lidt.af.hvert_)



RIKKE S. CHRISTENSEN

📍 BC
✉ Email Rikke
📷 [@riksen116](https://www.instagram.com/riksen116)

LES MILLS NORDIC INSTRUCTOR COACHES DENMARK - HOVEDSTADEN



HENRIK HALLBERG

 BC
 [Email Henrik](mailto:henrik@hense1970)
 [@hense1970](https://www.instagram.com/hense1970)



METTE STUBKJAER CHRISTENSEN

 BP, CORE, RPM
 [Email Mette](mailto:mette@stubbkjaer)
 [@mstubbkjaer](https://www.instagram.com/mstubbkjaer)

LES MILLS NORDIC INSTRUCTOR COACHES DENMARK - NORDJYLLAND



CAMILLA LUND HAGENSEN

 BA, BC, BP, CEREMONY
 [Email Camilla](mailto:camilla@miszlund)
 [@camilla_miszlund](https://www.instagram.com/camilla_miszlund)

LES MILLS NORDIC INSTRUCTOR COACHES FINLAND - SOUTH AREA



ANNI PEKKANEN

📍 BB, BC, BP, CORE, DANCE, TRIP
✉ [Email Anni](#)
📷 [@annimariap](#)



HENKKA HYTTINEN

📍 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](https://www.instagram.com/jaanalappalainen)



MWENDWA MAZENGO

📍 BJ, BP, DANCE, SHAPES

✉ Email Mwendwa

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

LES MILLS NORDIC INSTRUCTOR COACHES FINLAND - NORTH AREA



KAARINA PELTTARI

📍 BB, BC, BP, CORE, SPRINT

✉ Email Kaarina

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

LES MILLS NORDIC INSTRUCTOR COACHES CZECH REPUBLIC - PRAGUE AREA



JOSEF SYKORA

📍 BA, BC
✉ [Email Josef](mailto:Josef@pepa.sykora)
📷 [@pepa.sykora](https://www.instagram.com/pepa.sykora)



MONIKA TRNKOVÁ

📍 BB, BC, BJ, BP, CORE, GRIT,
DANCE, SPRINT
✉ [Email Monika](mailto:Monika@mon_chichi263)
📷 [@mon_chichi263](https://www.instagram.com/mon_chichi263)



RAUL LEUSKA

📍 BC, BP, GRIT, DANCE, STR DEV
✉ [Email Raul](mailto:Raul@raulleuska)
📷 [@raulleuska](https://www.instagram.com/raulleuska)



VITEZSLAV BOGAC

📍 BB, BJ, BP, CORE, GRIT,
DANCE, SHAPES, PILATES
✉ [Email Vitezslav](mailto:Vitezslav@vitabogac)
📷 [@vitabogac](https://www.instagram.com/vitabogac)

LES MILLS NORDIC INSTRUCTOR COACHES CZECH REPUBLIC - BRNO AREA



ANNA NEKLANOVÁ

📍 BP, BS, CORE, PILATES
✉ [Email Anna](mailto:Anna@annavonneklan)
📷 [@annavonneklan](https://www.instagram.com/annavonneklan)

LES MILLS NORDIC INSTRUCTOR COACHES CZECH REPUBLIC - OSTRAVA AREA



VÁCLAV KOHN

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

✉ [Email Václav](#)

📷 [@vasek_lls](#)

LES MILLS NORDIC INSTRUCTOR COACHES ESTONIA - TALLINN AREA



MEELI KASK

📍 BC, CORE

✉ [Email Meeli](#)

📷 [@meelikask](#)



MERJE KASK

📍 BA, BP, GRIT

✉ [Email Merje](#)

📷 [@merjekask](#)

LES MILLS NORDIC INSTRUCTOR COACHES SLOVAKIA - BRATISLAVA AREA



SILVIA BULISAKOVA

📍 BB, BC, BP, DANCE

✉️ Email Silvia

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

LES MILLS NORDIC INSTRUCTOR COACHES SLOVAKIA - KOSICE AREA



ROBERT BELOHORSKY

📍 BC, BP, STR DEV, FUN STR

✉️ Email Robert

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

LES MILLS NORDIC INSTRUCTOR COACHES POLAND - WARSAW AREA



MALGORZATA ZALEWSKA

📍 BB, BC, BP, BS, CORE
✉ [Email Malgorzata](#)
📷 [@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](mailto:EmailBartosz)
 [@i_am_febo](https://www.instagram.com/i_am_febo)

LES MILLS NORDIC INSTRUCTOR COACHES POLAND - GDYNIA AREA



ALICJA BUCZKOWSKA

 BA, BB, BC, BP, CORE, GRIT
 [Email Alicja](mailto:EmailAlicja)
 [@ali_in_poland](https://www.instagram.com/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](#)