

LES MILLS NORDIC EDUCATION DATES 2026

- Divided per Program

BOOK INITIAL TRAINING

You can either book through [Les Mills Connect](#), both as a club and instructor, or email nordic@lesmills.com and we'll help you with the registration.



SIGNATURE PROGRAMS

BODYPUMP

16-17 May	BODYPUMP®	Online	English
23-24 May	BODYPUMP®	Košice	Czech
13-14 June	BODYPUMP®	Online	English
22-23 Aug	BODYPUMP®	Online	English
26-27 Sep	BODYPUMP®	Online	Swedish
17-18 Oct	BODYPUMP®	Online	English
21-22 Nov	BODYPUMP®	Online	English
12-13 Dec	BODYPUMP®	Online	Swedish

BODYPUMP HEAVY

16-17 May	BODYPUMP HEAVY®	Online	English
13-14 June	BODYPUMP HEAVY®	Online	English
22-23 Aug	BODYPUMP HEAVY®	Online	English
26-27 Sep	BODYPUMP HEAVY®	Online	Swedish
17-18 Oct	BODYPUMP HEAVY®	Online	English
21-22 Nov	BODYPUMP HEAVY®	Online	English
12-13 Dec	BODYPUMP HEAVY®	Online	Swedish

BODYBALANCE

9-10 May	BODYBALANCE®	Online	English
8-9 Aug	BODYBALANCE®	Online	English
3-4 Oct	BODYBALANCE®	Online	Swedish
5-6 Dec	BODYBALANCE®	Online	English

BODYCOMBAT

13-14 June	BODYCOMBAT®	Warsaw	Polish
27-28 June	BODYCOMBAT®	Online	English
19-20 Sep	BODYCOMBAT®	Online	English
21-22 Nov	BODYCOMBAT®	Online	English

BODYATTACK

16-17 May	BODYATTACK®	Online	English
22-23 Aug	BODYATTACK®	Online	English

LES MILLS CORE

9-10 May	LES MILLS CORE™	Online	English
23-24 May	LES MILLS CORE™	Košice	Czech
30-31 May	LES MILLS CORE™	Warsaw	Polish
12-13 Sep	LES MILLS CORE™	Online	English
14-15 Nov	LES MILLS CORE™	Online	English

BODYJAM

8-9 Aug	BODYJAM® & LES MILLS DANCE™	Online	English
7-8 Nov	BODYJAM® & LES MILLS DANCE™	Online	English

LES MILLS DANCE

8-9 Aug	LES MILLS DANCE™ & BODYJAM®	Online	English
7-8 Nov	LES MILLS DANCE™ & BODYJAM®	Online	English

BODYSTEP

9-10 May	BODYSTEP®	Online	English
19-20 Sep	BODYSTEP®	Online	English

LES MILLS GRIT

27-28 Jun	LES MILLS GRIT™	Online	English
24-25 Oct	LES MILLS GRIT™	Online	English

LES MILLS SPRINT

12-13 Sep	LES MILLS SPRINT™ & RPM®	Online	English
7-8 Nov	LES MILLS SPRINT™ & RPM®	Online	English

RPM

12-13 Sep	RPM® & LES MILLS SPRINT™	Online	English
7-8 Nov	RPM® & LES MILLS SPRINT™	Online	English

THE TRIP IMMERSIVE

TBC

INNOVATION PROGRAMS

NOTE! LES MILLS SHAPES™, LES MILLS PILATES™ & LES MILLS STRENGTH DEVELOPMENT™ will be included in the 2-day Initial Training program from 1 January 2026.

LES MILLS YOGA

9-10 May	LES MILLS YOGA™	Stockholm	Swedish
13-14 June	LES MILLS YOGA™	Online	English
26-27 Sep	LES MILLS YOGA™	Online	English
21-22 Nov	LES MILLS YOGA™	Online	Swedish

LES MILLS SHAPES

13-14 June	LES MILLS SHAPES™	Online	English
15-16 Aug	LES MILLS SHAPES™	Online	English
17-18 Oct	LES MILLS SHAPES™	Online	Swedish
12-13 Dec	LES MILLS SHAPES™	Online	English

LES MILLS PILATES

16-17 May	LES MILLS PILATES™	Online	English
27-28 June	LES MILLS PILATES™	Online	English
22-23 Aug	LES MILLS PILATES™	Online	English
24-25 Oct	LES MILLS PILATES™	Online	Swedish
5-6 Dec	LES MILLS PILATES™	Online	English

LES MILLS STRENGTH DEVELOPMENT

27-28 June	STRENGTH DEVELOPMENT™	Online	English
19-20 Sep	STRENGTH DEVELOPMENT™	Online	English
14-15 Nov	STRENGTH DEVELOPMENT™	Online	Swedish

LES MILLS CEREMONY

TBC

ADVANCED TRAINING 2026

19-20 Sep

Online

English

How to book?

Contact: nordic@lesmills.com

Advanced Training is all about helping you grow as an instructor by uncovering your strengths, boosting your teaching skills, and stepping up as a Fitness Leader. You'll learn how to tap into the core of your program and make each class an even better experience for your participants.

This fun 2-day course is available both live and online, so you can choose what works best for you. Whether you're looking to refine your style or bring more energy to your classes, **Advanced Training** is your next step!

Read more about Advanced Training [**here**](#).

GROUP FITNESS MANAGEMENT 2026

17 + 24 Sept	Live + ONLINE	Swedish
19 + 26 Nov	Online	English

(How to book?)

Contact: lmn.cxm@lesmills.com

Group Fitness Management gives club owners, fitness managers, and similar roles the key insights you need to take your club's performance to the next level. With practical tips and strategies, you'll be able to improve operations, keep your members happy, and boost overall success.

Want to learn more? Check out Group Fitness Management **here!**

[Les Mills - Group Fitness Management](#)

INITIAL TRAINING OPTIONS

COMBO TRAININGS (SIMILAR PROGRAMS)

Example:

BODYPUMP + BODYPUMP HEAVY
BODYJAM + LES MILLS DANCE
LES MILLS SPRINT + RPM,
BODYPUMP + LES MILLS CORE
BODYATTACK + BODYSTEP

2-day Initial Training

Live Training

Pre- and post-work for Instructor

Instructors attend training with 1 program to start their Instructor Journey. Within 1 year, the instructor can choose to certify in the second program without attending a new Initial Training. Cost for certification = Certification video + Release cost.

Instructor can also attend the Initial Training in both programs at the same time and will then get 1 allocated track and 1 Training Outcome per program.

Cost for certification in the 2nd program = Certification video + Release cost.

Training Outcome = PASS: Ready to teach classes. 30 days to submit Certification Video (Extensions possible)

Training Outcome = PASS-PENDING: Instructor gets more time to practice on their 1 track. Submit 1 track video within 7 days.
When PASS from the One-track -> Follow the 30 days Certification video process.