

# 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





**ANNA OCTAVIA YIGIT**

 BB, BP  
 [Email Anna](mailto:anna@annaoctavia.se)  
 @annaoctavia




**CORNELIA CONDEESCU**

 BB, BC, DANCE  
 [Email Cornelia](mailto:cornelia@cornelia.condeescu.se)  
 @cornelia.condeescu






**IVETTE NILSSON**

 BJ, BP, CORE, STR DEV  
 [Email Ivette](mailto:ivette@latinanilsson.se)  
 @latinanilsson






**KAMAR MUNOZ GONZALEZ**

 BB, BJ, BP, CORE  
 [Email Kamar](mailto:kamar@babyshrimpqam.se)  
 @babyshrimpqam






**SACHIN SHARMA**

 BP, DANCE, THE TRIP  
 [Email Sachin](mailto:sachin@stayfitwithsachin.com)  
 @stayfitwithsachin






**SUSANN HEDLUND**

 BP, CORE, TONE, GRIT, RPM, THE TRIP, STR  
DEV, SHAPES, SPRINT, PILATES, YOGA  
 [Email Susann](mailto:susann@sudalijoh.se)  
 @sudalijoh






**SABINA LYDEKING HERMANSEN**

 BB, CORE  
 [Email Sabina](mailto:sabina@lasabina.se)  
 @lasabina



**LINA GORGIS**

 BA, BC, BP, SHAPES  
 [Email Lina](mailto:lina@lina.gorgis.se)  
 @lina.gorgis

# LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - GOTHENBURG, WEST AREA



**AMANDA SANDÉN**

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



**ANDERS DAHLBOM**

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



**ANNA TORSTENSSON**

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



**CARL-FILIP BJÖRCK**

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



**ELLINOR NYQVIST**

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



**JENNIE HAGMAN**

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



**MALIN BENNERGÅRD**

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



**MATHILDA FORSBY**

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



**NADJA IBRAHIM**

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



**SIDDHANT GUPTA**

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



**SOFIA JALNEFJORD**

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




**JASMINE MARCUSSON**


📍 BB, BP, PILATES, YOGA, TRIP  
✉ [Email Jasmine](mailto:Email Jasmine)  
📷 [@Jasminemarcusson](https://www.instagram.com/Jasminemarcusson)


# LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - GOTHENBURG, WEST AREA



**JIMMY WENG**

 BB, CORE, PILATES, YOGA

 [Email Jimmy](mailto:Email Jimmy)

 [@jimble\\_93](https://www.instagram.com/jimble_93)

# LES MILLS NORDIC INSTRUCTOR COACHES SWEDEN - SOUTH AREA






**CHRISTIAN ANDERSSON**

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







**FABIAN TANG**

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






**HELENA GERE BRO**

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






**KRISTINA WESTERBERG**

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






**OLGA YAKIMENKO**

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




**ULRIKA CARLSSON**

 BB, BP, CORE, STR DEV, PILATES  
 [Email Ulrika](mailto:ulrika@lesmills.com)  
 @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](mailto:Email Anne Sofie)  
📷 [@annesofielaursen](https://www.instagram.com/annesofielaursen)



**ANNE SKOV**

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



**JANE PUGGARD**

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



**MARIA FRANDSEN**

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






**RIKKE S. CHRISTENSEN**

📍 BC  
✉ [Email Rikke](mailto: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](mailto:Email Jaana)

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



**MWENDWA MAZENGO**

📍 BJ, BP, DANCE, SHAPES

✉ [Email Mwendwa](mailto: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](mailto: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**

📍 BB, 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)



**DOMINIK BARTAK**

📍 BC, STR DEV  
✉ [Email Dominik](mailto:Dominik@dominik.bartak.lm)  
📱 [@dominik.bartak.lm](https://www.instagram.com/dominik.bartak.lm)



**PATRIK SEDLMAJER**

📍 BA, BP, CORE, GRIT, STR DEV  
✉ [Email Patrik](mailto:Patrik@_thepatrck_)  
📱 [@\\_thepatrck\\_](https://www.instagram.com/_thepatrck_)

## 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)



**MICHALA STANOVA**

📍 BP, BPH, SHAPES, YOGA  
✉ [Email Michala](mailto:Michala@stanovmi)  
📱 [@stanovmi](https://www.instagram.com/stanovmi)

## LES MILLS NORDIC INSTRUCTOR COACHES CZECH REPUBLIC - OSTRAVA AREA



VÁCLAV KOHN

🏋️ BA, BB, BC, BP, BS, GRIT,  
SPRINT, RPM, SHAPES  
✉ [Email Václav](mailto:Email Václav)  
📷 [@vasek\\_lls](https://www.instagram.com/vasek_lls)



MIKULAS DROBNY

🏋️ BB, BP, TONE  
✉ [Email Mikulas](mailto:Email Mikulas)  
📷 [@mikydrobny](https://www.instagram.com/mikydrobny)

## LES MILLS NORDIC INSTRUCTOR COACHES ESTONIA - TALLINN AREA



MEELI KASK

🏋️ BC, CORE  
✉ [Email Meeli](mailto:Email Meeli)  
📷 [@meelikask](https://www.instagram.com/meelikask)



MERJE KASK

🏋️ BA, BP, GRIT  
✉ [Email Merje](mailto: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



**JOANNA GASZEWSKA**

📍 BB, BC, BP, BPH, GRIT  
✉ [Email Joanna](#)  
📷 @LM\_DZOANA

## 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,  
@ YOGA  
✉ [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