LES MILLS NORDIC EDUCATION DATES 2026/2027

Black Friday Offer
Valid from 00:00 to 23:59 CET
on 27 November 2026.

Use the code: **BF26** to get 50% off. *
* 50% discount applies only on regular education prices.

How to book an education?
You can either book through Les Mills Connect
or email nordic@lesmills.com and
we'll help you with the registration.

Terms & Conditions
Black Friday offer valid from 00:00 to 23:59 CET on 27 November 2026.
The 50% discount applies to regular-priced LES MILLS Initial Training and Advanced Training only.
The 20% discount applies to regular-priced equipment only. Offers cannot be combined with any other promotions, discounts, or special offers.



SIGNATURE PROGRAMS

BODYPUMP

12-13 Dec	BODYPUMP®	Online	Swedish
09-10 Jan	BODYPUMP®	Online	English
16-17 Jan	BODYPUMP®	Online	Danish
06-07 Feb	BODYPUMP®	Online	Swedish
06-07 Feb	BODYPUMP®	Bucharest	Romanian
06-07 Feb	BODYPUMP®	Prague	Czech
06-07 Mar	BODYPUMP®	Warsaw	Poland
13-14 Mar	BODYPUMP®	Online	English
03-04 Apr	BODYPUMP®	Online	English
01-02 May	BODYPUMP®	Online	English
05-06 Jun	BODYPUMP®	Warsaw	Poland
12-13 Jun	BODYPUMP®	Online	English
10-11 July	BODYPUMP®	Online	English
07-08 Aug	BODYPUMP®	Online	English
18-19 Sep	BODYPUMP®	Online	Swedish

BODYPUMP HEAVY

12-13 Dec	BODYPUMP HEAVY®	Online	Swedish
09-10 Jan	BODYPUMP HEAVY®	Online	English
16-17 Jan	BODYPUMP HEAVY®	Online	Danish
06-07 Feb	BODYPUMP HEAVY®	Online	Swedish
06-07 Feb	BODYPUMP HEAVY®	Bucharest	Romanian
06-07 Feb	BODYPUMP HEAVY®	Prague	Czech
06-07 Mar	BODYPUMP HEAVY®	Warsaw	Poland
13-14 Mar	BODYPUMP HEAVY®	Online	English
03-04 Apr	BODYPUMP HEAVY®	Online	English
01-02 May	BODYPUMP HEAVY®	Online	English
05-06 Jun	BODYPUMP HEAVY®	Warsaw	Poland
12-13 Jun	BODYPUMP HEAVY®	Online	English
10-11 Jul	BODYPUMP HEAVY®	Online	English
07-08 Aug	BODYPUMP HEAVY®	Online	English
18-19 Sep	BODYPUMP HEAVY®	Online	Swedish

BODYBALANCE

05-06 Dec	BODYBALANCE®	Online	English
06-07 Feb	BODYBALANCE®	Online	English

17-18 Apr	BODYBALANCE®	Online	English
08-09 May	BODYBALANCE®	Warsaw	Poland
03-04 Jul	BODYBALANCE®	Online	English
25-26 Sep	BODYBALANCE®	Online	English

BODYCOMBAT

16-17 Jan	BODYCOMBAT®	Online	English
16-17 Jan	BODYCOMBAT®	Warsaw	Polish
23-24 Jan	BODYCOMBAT®	Bucharest	Romanian
17-18 Apr	BODYCOMBAT®	Online	English
21-22 Aug	BODYCOMBAT®	Online	English

BODYATTACK

20-21 Mar	BODYATTACK®	Online	English
07-08 Aug	BODYATTACK®	Online	English

LES MILLS CORE

09-10 Jan	LES MILLS CORE™	Online	English
06-07 Feb	LES MILLS CORE™	Prague	Czech
13-14 Mar	LES MILLS CORE™	Warsaw	Polish
10-11 Apr	LES MILLS CORE™	Online	English

03-04 July	LES MILLS CORE™	Online	English
18-19 Sep	LES MILLS CORE™	Online	English

BODYJAM

23-24 Jan	BODYJAM®	Online	English
10-11 Apr	BODYJAM®	Online	English
14-15 Aug	BODYJAM®	Online	English

LES MILLS DANCE

23-24 Jan	LES MILLS DANCE™	Online	English
10-11 Apr	LES MILLS DANCE™	Online	English
14-15 Aug	LES MILLS DANCE™	Online	English

BODYSTEP

27-28 Mar	BODYSTEP®	Online	English
21-22 Aug	BODYSTEP®	Online	English

LES MILLS GRIT

23-24 Jan	LES MILLS GRIT™	Online	English
08-09 May	LES MILLS GRIT™	Online	English
25-26 Sep	LES MILLS GRIT™	Online	English

LES MILLS SPRINT

13-14 Feb	LES MILLS SPRINT™	Online	English
12-13 Jun	LES MILLS SPRINT™	Warsaw	Polish
19-20 Jun	LES MILLS SPRINT™	Online	English

RPM

13-14 Feb	RPM®	Online	English
12-13 Jun	RPM®	Warsaw	Polish
19-20 Jun	RPM®	Online	English

BORN TO MOVE

23-24 Jan	BORN TO MOVE™	Online	Swedish

THE TRIP LIVE

12 Dec	THE TRIP™ LIVE	Online	English

INNOVATION PROGRAMS

LES MILLS YOGA

09-10 Jan	LES MILLS YOGA™	Online	English	
20-21 Mar	LES MILLS YOGA™	Online	English	
08-09 May	LES MILLS YOGA™	Online	English	
14-15 Aug	LES MILLS YOGA™	Online	English	

LES MILLS SHAPES

12-13 Dec	**LES MILLS SHAPES™**	**Online**	**English**	**FULL BOOKED**
23-24 Jan	LES MILLS SHAPES™	Prague	Czech	
06-07 Feb	LES MILLS SHAPES™	Online	English	
06-07 Feb	LES MILLS SHAPES™	Warsaw	Polish	
03-04 Apr	LES MILLS SHAPES™	Online	English	
12-13 Jun	LES MILLS SHAPES™	Online	English	
25-26 Sep	LES MILLS SHAPES™	Online	English	

LES MILLS PILATES

05-06 Dec	**LES MILLS PILATES™**	**Online**	**English**	**1 SPOT LEFT**
13-14 Feb	LES MILLS PILATES™	Online	English	
17-18 Apr	LES MILLS PILATES™	Online	English	

19-20 Jun	LES MILLS PILATES™	Online	English	
07-08 Aug	LES MILLS PILATES™	Online	English	

LES MILLS STRENGTH DEVELOPMENT

13-14 Feb	STRENGTH DEVELOPMENT™	Online	English	
15-16 May	STRENGTH DEVELOPMENT™	Online	English	
21-22 Aug	STRENGTH DEVELOPMENT™	Online	English	

LES MILLS CEREMONY-HYROX

19 Dec	**CEREMONY-HYROX**	**Online**	**English**	**1 SPOT LEFT**
16 Jan	CEREMONY-HYROX	STOCKHOLM	Swedish	
13 Feb	CEREMONY-HYROX	Online	English	

LES MILLS REFORMER

12-13 Dec	LES MILLS REFORMER	Stockholm

ADVANCED TRAINING 2027

16-17 Jan	Gothenburg	Swedish
23-24 Jan	Prague	Czech
27-28 Mar	Bucharest	Romanian

BODY & MIND

BODYBALANCE, LES MILLS YOGA & LES MILLS PILATES

30-31 Jan	Online	English
18-19 Sept	Online	English

STRENGTH

BODYPUMP, BODYPUMP HEAVY, LES MILLS STRENGTH DEVELOPMENT, LES MILLS CORE, LES MILLS GRIT, LES MILLS SHAPES

06-07 Feb	Online	English
15-16 May	Stockholm	Swedish
21-22 Aug	Online	English

CARDIO

BODYATTACK, BODYCOMBAT, BODYSTEP, BODYJAM, LES MILLS DANCE, LES MILLS SPRINT, RPM, LES MILLS TONE

13-14 Mar	Online	English
25-26 Sept	Online	English

Advanced Training helps you grow as an instructor by building on your strengths, sharpening your teaching skills, and deepening your understanding of your program.

Available **live or online**, this inspiring 2-day course is designed to help you create even better class experiences and take the next step in your instructor journey.

Read more about Advanced Training **here** >>

How to book?
Contact: **nordic@lesmills.com**