

Schedule group lessons

Valid from 10 September 2018

You can participate in these group lessons if you have an OlymPas or OlymPas day pass.



Monday	Lessons	Facilities	Instructor
3.00-3.55PM	Core balance	Dans 2	Jane Jibodh
4.00-4.55PM	Pilates	Dans 2	Jane Jibodh
4.30-5.25PM	Box 'n burn	MB-zaal	Armando Wieneke
5.00-5.55PM	Yoga	Dans 2	Jane Jibodh
5.30-6.25PM	Dance	Dans 1	Armando Wieneke
5.30-6.25PM	Intensity	MB-zaal	Denise Smit
5.30-6.25PM	Spinning	Spinning	Rens Cremers
6.00-6.55PM	Zumba	Dans 2	Gwen Dalderop
6.30-7.25PM	Bodypump	Dans 1	Roos Verboog
7.30-8.25PM	Bootcamp	Buiten	Rouark Leerdam
7.30-8.25PM	Fat attack	Dans 1	Roos Verboog
8.30-9.25PM	KickBag	MB-zaal	Jessie Poelsma
8.30-9.25PM	Spinning	Spinning	Maureen van Dam
Tuesday	Lessons	Facilities	Instructor
9.00-9.55AM	Yoga	Dans 2	Cristina van Aalst
9.15-10.10AM	Bodypump	Dans 1	Armando Wieneke
10.15-11.10AM	HIIT power	Dans 1	Armando Wieneke
4.30-5.25PM	Small group for staff	MB-zaal	Manon Snijders
5.00-5.55PM	Poweryoga	Dans 1	Danielle Witte
5.00-5.55PM	Barre workout	Dans 2	Anouk van Midden
5.30-6.25PM	KickBag	MB-zaal	Amber Trapman
6.00-6.55PM	POP Pilates	Dans 2	Anouk van Midden
6.00-7.25PM	Step&shape XXL	Dans 1	Emma Willemsen
6.30-7.25PM	Spinning	Spinning	Amber Trapman
7.00-7.55PM	Yoga	Dans 2	Annejet Maandag
7.30-8.25PM	Zumba	Dans 1	Emma Willemsen
8.45-10.10PM	Krav Maga	MB-zaal	Koos Cuijpers
Wednesday	Lessons	Facilities	Instructor
9.00-9.55AM	Core balance	Dans 2	Jane Jibodh
9.15-10.10AM	Bodypump	Dans 1	Armando Wieneke
10.00-10.55AM	Yoga	Dans 2	Jane Jibodh
10.15-11.10AM	HIIT power	Dans 1	Armando Wieneke
12.30-1.15PM	Bootcamp	Buiten	Harrie de Jong
3.30-4.25PM	Pilates gymball workout	Dans 2	Ora Cohen
4.00-4.55PM	Step&shape	Dans 1	Emma Willemsen
4.15-5.10PM	Spinning	Spinning	Rens Cremers
4.30-5.25PM	Yogalates	Dans 2	Ora Cohen
5.00-5.55PM	Bodypump	Dans 1	Emma Willemsen
5.30-6.25PM	Bodyfit for staff	Dans 2	Ora Cohen
5.30-6.25PM	Intensity	MB-zaal	Dennis Karssen
6.00-6.45PM	Piloxing	Dans 1	Gwen Dalderop
6.45-7.40 PM	Zumba	Dans 1	Gwen Dalderop
8.30-9.25PM	Spinning	Spinning	Dennis Karssen
8.30-9.25PM	Zumba	MB-zaal	Emma Willemsen
Thursday	Lessons	Facilities	Instructor
9.15-10.10AM	Bodypump	Dans 1	Armando Wieneke
09.15 -10.10AM	Pilates	Dans 2	Marjolijn Engelen
10.15-11.10AM	Barre workout	Dans 2	Marjolijn Engelen
10.15-11.10AM	HIIT power	Dans 1	Armando Wieneke
11.30AM-12.25PM	Workout mix	Dans 2	Ora Cohen
12.30-1.25PM	Yogalates	Dans 2	Ora Cohen
4.00-4.55PM	POP Pilates	Dans 2	Marjolijn Engelen
4.30-5.25PM	Smallgroup for staff	Fitness	Harrie de Jong
5.00-5.55PM	Intensity	MB-zaal	Rens Cremers
5.00-5.55PM	Yoga	Dans 2	Jane Jibodh
6.00-6.55PM	Zumba	Dans 1	Saloua Lachhab
6.00-6.55PM	Ashtanga yoga basic	Dans 2	Jane Jibodh
6.00-6.55PM	Spinning	Spinning	Rens Cremers
7.00-7.55PM	Fat attack	Dans 1	Saloua Lachhab
7.00-7.55PM	Bootcamp	Buiten	Fenne Folkersma Kok
Friday	Lessons	Facilities	Instructor
9.15-10.10AM	Yoga	Dans 2	Cristina van Aalst
10.15-11.10AM	Pilates	Dans 2	Cristina van Aalst
10.30-11.25AM	Spinning	Spinning	Harrie de Jong
4.30-5.55PM	Ashtanga yoga full primary	Dans 2	Jane Jibodh
5.00-5.55PM	Body strength	MB-zaal	Jojanneke Voorhoeve
5.00-5.55PM	Zumba	Dans 1	Saloua Lachhab
6.00-6.55PM	Spinning	Spinning	Sven Borghart
6.00-6.55PM	Bodypump	Dans 1	Susan Penninkhof
6.00-6.55PM	KickBag	MB-zaal	Jojanneke Voorhoeve
Saturday	Lessons	Facilities	Instructor
09.30-10.25AM	Spinning	Spinning	Gonneke Cammel
10.15-11.10AM	POP Pilates	Dans 2	Anouk van Midden
10.00-10.55AM	Fat attack	Dans 1	Roos Verboog
11.00-11.55AM	Zumba	Dans 1	Roos Verboog
11.15AM-12.10PM	Hatha yoga	Dans 2	Jane Jibodh
Sunday	Lessons	Facilities	Instructor
09.45-10.40AM	Bodypump	Dans 1	Emma Willemsen
10.00-10.55AM	Yoga	Dans 2	Cristina van Aalst
10.45AM-12.10PM	Step&shape XXL	Dans 1	Emma Willemsen
11.00-11.55AM	Powerpilates	Dans 2	Cristina van Aalst

Book a lesson ticket

You can book a spot online from 7.30 AM two days prior to the scheduled lesson. You can also book a lesson ticket by phone at (030) 253 4471, within two days before the scheduled lesson (but not earlier). Bookings close 2.5 hours before the selected group lesson starts.

Collecting lesson ticket

Lesson tickets are available for collection 45 minutes before the group lesson starts. Without a lesson ticket, you cannot participate in the group lesson. If you booked a ticket, please pick up your ticket at least 10 minutes before the start of the lesson. If not, your booking expires and the ticket might be handed out to someone else.

Latest schedule changes

To always be aware of the latest changes in the schedule, follow our messages on Twitter (@olympოსutrecht) or like Olympos on Facebook (/sportcentrumolympოს)!

For more information about the group lessons and the rates see:

www.olympოს.nl