

# Summer schedule group lessons

Valid from 1 July to 8 September 2019

You can participate in these group lessons if you have an OlymPas or OlymPas day pass.  
For more information about the group lessons please go to [www.olympos.nl](http://www.olympos.nl).



| Monday           | Lessons                        | Facility | jul-1        | jul-8         | jul-15        | jul-22        | jul-29        | aug-5         | aug-12        | aug-19        | aug-26        | sep-2        |
|------------------|--------------------------------|----------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------|
| 3.45-4.30PM      | BRN@                           | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 4.00-4.55PM      | Pilates                        | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 4.30-5.25PM      | Box 'n burn                    | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.00-5.55PM      | Yoga                           | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.30-6.25PM      | Dance                          | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.30-6.25PM      | Intensity                      | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.30-6.25PM      | Spinning                       | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-7.30PM      | Beach volleyball advanced      | Beach    | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.30-7.25PM      | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.45-8.15PM      | Pole Fitness@ advanced         | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 7.30-8.25PM      | Fat attack                     | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 7.30-9.00PM      | Beach volleyball well advanced | Beach    | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 8.30-9.25PM      | KickBag                        | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| <b>Tuesday</b>   |                                |          | <b>jul-2</b> | <b>jul-9</b>  | <b>jul-16</b> | <b>jul-23</b> | <b>jul-30</b> | <b>aug-6</b>  | <b>aug-13</b> | <b>aug-20</b> | <b>aug-27</b> | <b>sep-3</b> |
| 8.00-8.45AM      | Pilates                        | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 9.00-9.55AM      | Yoga                           | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 9.15-10.10AM     | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 10.15-11.10AM    | HIIT power                     | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 4.30-5.25PM      | Small group training           | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.00-5.55PM      | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.00-5.55PM      | Barre workout                  | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.30-6.25PM      | KickBag                        | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-6.55PM      | POP Pilates                    | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-7.25PM      | Step&shape XXL                 | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-7.30PM      | Beach volleyball beginner      | Beach    | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.30-7.25PM      | Spinning                       | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 7.00-7.55PM      | Yoga                           | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 7.30-8.25PM      | Zumba                          | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 7.30-9.00PM      | Beach volleyball intermediate  | Beach    | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 8.45-10.10PM     | Krav Maga                      | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| <b>Wednesday</b> |                                |          | <b>jul-3</b> | <b>jul-10</b> | <b>jul-17</b> | <b>jul-24</b> | <b>jul-31</b> | <b>aug-7</b>  | <b>aug-14</b> | <b>aug-21</b> | <b>aug-28</b> | <b>sep-4</b> |
| 9.00-9.55AM      | Core balance                   | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 9.15-10.10AM     | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 10.00-10.55AM    | Yoga                           | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 10.15-11.10AM    | HIIT power                     | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 12.30-1.15PM     | Bootcamp                       | Outdoor  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 3.30-4.25PM      | Pilates gymball workout        | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 4.00-4.55PM      | Step&shape                     | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 4.15-5.10PM      | Spinning                       | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 4.30-5.25PM      | Yogalates                      | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.00-5.55PM      | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.30-6.25PM      | Bodyfit for staff              | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.30-6.25PM      | Intensity                      | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.30-6.45PM      | Pole Fitness@ beg./semi-adv.   | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.30-7.00PM      | Running                        | Outdoor  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.30-7.25PM      | Kick boxing                    | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.45-8.00PM      | Pole Fitness@ advanced         | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 7.00-7.45PM      | Pound                          | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 7.30-8.25PM      | Boxing                         | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 8.30-9.25PM      | Spinning                       | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 8.30-9.25PM      | Zumba                          | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| <b>Thursday</b>  |                                |          | <b>jul-4</b> | <b>jul-11</b> | <b>jul-18</b> | <b>jul-25</b> | <b>aug-1</b>  | <b>aug-8</b>  | <b>aug-15</b> | <b>aug-22</b> | <b>aug-29</b> | <b>sep-5</b> |
| 9.15-10.10AM     | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 10.15-11.10AM    | BRN@                           | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.00-5.55PM      | Intensity                      | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.00-5.55PM      | Yoga                           | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-6.55PM      | Ashtanga yoga basic            | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-6.55PM      | Spinning                       | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-6.55PM      | Zumba                          | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-7.30PM      | Aerial acrobatics              | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.55-7.55PM      | Fat attack                     | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 7.15-8.15PM      | Pole Fitness@                  | Spinning | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| <b>Friday</b>    |                                |          | <b>jul-5</b> | <b>jul-12</b> | <b>jul-19</b> | <b>jul-26</b> | <b>aug-2</b>  | <b>aug-9</b>  | <b>aug-16</b> | <b>aug-23</b> | <b>aug-30</b> | <b>sep-6</b> |
| 9.00-9.55AM      | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 10.00-10.45AM    | BRN@                           | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 4.30-5.55PM      | Ashtanga yoga full primary     | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.00-5.55PM      | Body strength                  | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 5.00-5.55PM      | Zumba                          | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-6.55PM      | KickBag                        | MB-zaal  | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 6.00-6.55PM      | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| <b>Saturday</b>  |                                |          | <b>jul-6</b> | <b>jul-13</b> | <b>jul-20</b> | <b>jul-27</b> | <b>aug-3</b>  | <b>aug-10</b> | <b>aug-17</b> | <b>aug-24</b> | <b>aug-31</b> | <b>sep-7</b> |
| 10.00-10.55AM    | Fat attack                     | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 11.00-11.55AM    | Zumba                          | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| <b>Sunday</b>    |                                |          | <b>jul-7</b> | <b>jul-14</b> | <b>jul-21</b> | <b>jul-28</b> | <b>aug-4</b>  | <b>aug-11</b> | <b>aug-18</b> | <b>aug-25</b> | <b>sep-1</b>  | <b>sep-8</b> |
| 9.45-10.40AM     | Powerpump                      | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 10.00-10.55AM    | Yoga                           | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 10.45AM-12.10PM  | Step&shape XXL                 | Dans 1   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |
| 11.00-11.55AM    | Powerpilates                   | Dans 2   | ✓            | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓             | ✓            |

## BOOKING A GROUP LESSON TICKET bookings close 2.5 hours before the selected group lesson starts

### Book online

Go to the page group lessons on [olympos.nl](http://olympos.nl) and click on your chosen group lesson. Click the 'Book' button in the table at the bottom of the page. You can book a spot online from 7.30 AM two days prior to the scheduled lesson.

### Book by phone

Call (030) 253 4471 and keep your SCO number handy (which can be found on your OlymPas)! You can book a lesson ticket by phone during Service Desk opening hours, within two days before the scheduled lesson (but not earlier).

### CANCEL YOUR BOOKING

If you wish to cancel your booking, please go to 'My sports overview' on [olympos.nl](http://olympos.nl). If you're not logged on, please login first.

### COLLECTING YOUR 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 (@olymposutrecht) or like Olympos on Facebook (/sportcentrumolympos)!

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

[www.olympos.nl](http://www.olympos.nl)