

Schedule courses

Period 2: 18 November 2024 to 9 February 2025 (10 weeks)



Start registration: Monday 4 November 2024

Monday	Course	Level	Facilities	Requirements
11 AM - 12 PM	Cross challenge		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
5.00 - 6.30 PM	Volleyball	intermediate/semi-adv.	Hall 1 part A & B	OlymPas
5.30 - 7.00 PM	Running practices	5 & 10K	Outdoor	OlymPas
6.00 - 7.00 PM	Hyrox		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
7.00 - 8.15 PM	Pole sports	advanced	Spinning	OlymPas
8.30 - 9.30 PM	Cross challenge		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
Tuesday	Course	Level	Facilities	Requirements
12.00 - 1.00 PM	Cross challenge		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
5.30 - 6.30 PM	Cross challenge		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
5.30 - 6.45 PM	Running practices	5 & 10K	Outdoor	OlymPas
6.45 - 8.00 PM	Running practices	beginner	Outdoor	OlymPas
8.00 - 10.00 PM	Cheerleading	(semi-)advanced	Squash court 1	OlymPas
Wednesday	Course	Level	Facilities	Requirements
10.00 - 11.00 AM	Cross challenge		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
1.00 - 2.00 PM	Hyrox		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
5.00 - 6.30 PM	Volleyball	advanced	Hall 3 part C	OlymPas
5.30 - 6.30 PM	Cross challenge		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
5.30 - 6.45 PM	Pole sports	all levels	Spinning	OlymPas
5.30 - 6.45 PM	Running practices	all levels	Parnassos	OlymPas
6.30 - 8.00 PM	Volleyball	(well) advanced	Hall 3 part C	OlymPas
Thursday	Course	Level	Facilities	Requirements
11.00 AM - 12.00 PM	Cross challenge		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
5.00 - 6.30 PM	Volleyball	intermediate/semi-adv.	Hall 3 part A & B	OlymPas
5.15 - 6.45 PM	Running practices	10+ km	Outdoor	OlymPas
6.15 - 7.30 PM	Aerial acrobatics	(semi-)advanced	MB-zaal	OlymPas
6.30 - 7.30 PM	Weight lifting	beginner	Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
7.30 - 8.30 PM	Weight lifting	advanced	Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
7.30 - 8.45 PM	Pole sports	beginner	Spinning	OlymPas
Friday	Course	Level	Facilities	Requirements
10.00 - 11.00 AM	Cross challenge	beginner	Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
5.30 - 6.30 PM	Hyrox		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
Saturday	Course	Level	Facilities	Requirements
9.45 - 11.30 AM	Aerial acrobatics	all levels	MB-zaal	OlymPas
10.00 - 11.30 AM	Cheerleading	beginner/semi-adv.	Squash court 1	OlymPas
Sunday	Course	Level	Facilities	Requirements
10.00 - 11.00 AM	Cross challenge		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)
11.30 AM - 12.30 PM	Hyrox		Kratistos	OlymPas + € 11.80 (cat. A) / € 23.60 (cat. B/C/X)

Schedule short courses

Period D: 6 January to 9 February 2025 (powerlifting & strength workout)

Start registration: Monday 23 December 2024

Monday	Course	Level	Facilities	Requirements
8.30 - 9.30 AM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
1.00 - 2.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
4.30 - 5.30 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
Tuesday	Course	Level	Facilities	Requirements
9.00 - 10.00 AM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
Wednesday	Course	Level	Facilities	Requirements
12.00 - 1.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
Thursday	Course	Level	Facilities	Requirements
9.30 - 10.30 AM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
Friday	Course	Level	Facilities	Requirements
3.00 - 4.00 PM	Powerlifting	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
4.00 - 5.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)

Rate category A	Students at the UU and other Dutch universities, HU, HKU, UvH and MBO: ROC Midden Nederland, Grafisch Lyceum Utrecht, Nimeto and MBO Utrecht.
Rate category B	Staff and research trainees/assistants* of UU, HU, UMCU, HKU, UvH, Hubrecht Instituut/Westerdijk Institute Partners of staff, volunteers, partners of volunteers and former staff (retirees) of UMCU Students at HBOs, affiliated with the 'HBO-raad'
Rate category X	Staff of insitutions / companies at the Utrecht Science Park
Rate category C	Others

* in possession of a Friend Pass Utrecht University Fund

[See olympos.nl/rates for the \(discount\)rates of the OlymPas.](https://www.olympos.nl/rates)

The schedule is subject to change. The most up to date schedule can be viewed on www.olympos.nl.
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