

Schedule group lessons (valid from 25 October 2024)

Monday	Lesson	Facilities
9.45 - 10.45 AM	Pilates	Parnassos
11.00 AM - 12.00 PM	Yin yoga	Parnassos
12.00 - 12.45 PM	Bootcamp for staff	Bootcamp square
4.00 - 4.55 PM	Pilates	Dans 2
4.00 - 5.00 PM	Strength sports for staff	Fitness
5.00 - 5.55 PM	Yoga	Dans 2
5.00 - 5.55 PM	Zumba	Dans 1
5.30 - 6.25 PM	Intensity	MB-zaal
5.30 - 6.25 PM	Spinning	Spinning
6.00 - 7.10 PM	Powerpump	Dans 1
6.30 - 7.25 PM	KickBag	MB-zaal
7.15 - 8.10 PM	BRN@	Dans 1
7.30 - 8.25 PM	Bootcamp	Buiten
7.45 - 9.30 PM	Boxing / kick boxing	MB-zaal
8.15 - 9.10 PM	Pole sports beg./semi-adv.	Spinning
Tuesday	Lesson	Facilities
8.30 - 9.25 AM	Yoga	Dans 2
8.30 - 9.40 AM	Powerpump	Dans 1
9.30 - 10.25 AM	Pilates	Dans 2
9.45 - 10.40 AM	Strong Nation™	Dans 1
3.45 - 4.40 PM	Dance-booty-core	Dans 1
3.45 - 4.45 PM	Yoga Hatha	Parnassos
4.30 - 5.55 PM	Ashtanga yoga basic	Dans 2
4.50 - 6.00 PM	Powerpump	Dans 1
5.00 - 6.00 PM	Bootcamp for staff	Calisthenics rack
5.30 - 6.25 PM	KickBag	MB-zaal
6.00 - 6.55 PM	Barre workout	Dans 2
6.00 - 7.25 PM	Step&shape XL advanced	Dans 1
6.30 - 7.25 PM	Spinning	Spinning
7.00 - 7.55 PM	BRN@	Dans 2
7.30 - 8.25 PM	Zumba	Dans 1
7.30 - 8.30 PM	Bootcamp	Oosterspoorbaan
Wednesday	Lesson	Facilities
9.15- 10.10 AM	Core balance	Dans 2
10.15 - 11.10 AM	Yoga	Dans 2
2.30 - 3.30 PM	Dance-booty-core	Parnassos
3.30 - 4.30 PM	Yoga	Parnassos
4.15 - 5.10 PM	Spinning	Spinning
4.30 - 5.25 PM	Yogalates	Dans 2
5.30 - 6.25 PM	Bodyfit 40+	Dans 2
5.30 - 6.25 PM	Intensity	MB-zaal

Wednesday	Lesson	Facilities
5.30 - 6.25 PM	Supershape	Dans 1
6.30 - 7.25 PM	KickBag	MB-zaal
6.30 - 7.40 PM	Powerpump	Dans 1
6.45 - 8.00 PM	Pole sports beg./semi-adv.	Spinning
8.30 - 9.25 PM	Zumba	MB-zaal
Thursday	Lesson	Facilities
8.30 - 9.25 AM	Yogalates	Dans 2
9.30 - 10.40 AM	Powerpump	Dans 1
9.45 - 10.45 AM	Poweryoga	Parnassos
10.45 - 11.45 AM	Yoga & Breathwork	Parnassos
11.45 AM - 12.45 PM	Yogalates	Parnassos
12.30 - 1.15 PM	Bootcamp for staff	Bootcamp square
5.00 - 5.55 PM	Yoga	Dans 2
5.15 - 6.10 PM	Intensity	MB-zaal
5.45 - 6.40 PM	Zumba	Dans 1
6.00 - 6.55 PM	Ashtanga yoga basic	Dans 2
6.15 - 7.10 PM	Spinning	Spinning
6.15 - 7.45 PM	Aerial acrobatics (semi)-adv.	MB-zaal
6.45 - 7.40 PM	Supershape	Dans 1
Friday	Lesson	Facilities
8.30 - 9.25 AM	Yoga	Dans 2
9.30 - 10.25 AM	Pilates	Dans 2
10.00 - 10.55 AM	Supershape	Dans 1
11.00 AM - 12.00 PM	Yogalates	Parnassos
12.00 - 1.00 PM	Yoga Hatha & Nidra	Parnassos
4.45 - 5.40 PM	Yoga	Dans 2
5.00 - 5.55 PM	Spinning	Spinning
5.50 - 7.00 PM	Powerpump	Dans 1
6.00 - 6.55 PM	KickBag	MB-zaal
Saturday	Lesson	Facilities
9.30 - 10.25 AM	Spinning	Spinning
10.00 - 10.55 AM	Pilates	Dans 2
10.00 - 11.10 AM	Powerpump	Dans 1
11.00 - 11.55 AM	Yoga	Dans 2
11.10 AM - 12.05 PM	Step-booty-core	Dans 1
Sunday	Lesson	Facilities
9.00 - 9.55 AM	Yoga	Dans 2
9.30 - 10.35 AM	Powerpump	Dans 1
10.00 - 10.55 AM	Intensity	MB-zaal
10.35 - 11.30 AM	Dance	Dans 1
11.35 AM - 12.30 PM	Step&shape medium	Dans 1

Book a lesson

You can book a spot online from 7.30 AM two days prior to the scheduled lesson. Bookings close half an hour before the selected group lesson starts.

OlymPas

With an OlymPas you can take part in the group lessons unlimited and flexibly (provided a lesson is not full of course).

Rules of use

In order to provide a safe environment it is important that everyone observes the rules of use. Make sure that you take note of all the regulations before you come to Olympos.

[Click here to read the rules of use.](#)

Latest schedule changes

To always be aware of the latest changes in the schedule, please keep an eye on our website, or follow us on Instagram and Facebook. You can also register for the newsletter [via www.olympos.nl/newsletter](http://www.olympos.nl/newsletter)

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