

# Christmas schedule group lessons

Valid from 23 December 2024 to 5 January 2025

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

| Monday 23 December | Lesson                    | Facilities |
|--------------------|---------------------------|------------|
| 4.00 - 5.00 PM     | Strength sports for staff | Fitness    |
| 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 - 7.00 PM     | Hyrox                     | Kratistos  |
| 6.00 - 7.10 PM     | Powerpump                 | Dans 1     |
| 6.30 - 7.25 PM     | KickBag                   | MB-zaal    |
| 7.15 - 8.10 PM     | BRN@                      | Dans 1     |
| 7.45 - 9.30 PM     | Boxing / kick boxing      | MB-zaal    |

| Tuesday 24 December | Lesson          | Facilities |
|---------------------|-----------------|------------|
| 9.30 - 10.25 AM     | Pilates         | Dans 2     |
| 11.00 AM - 12.00 PM | Cross challenge | Kratistos  |

Merry Christmas

| Friday 27 December | Lesson      | Facilities |
|--------------------|-------------|------------|
| 10.00 - 10.55 AM   | Super shape | Dans 1     |
| 4.45 - 5.40 PM     | Yoga        | Dans 2     |
| 5.30 - 6.30 PM     | Hyrox       | Kratistos  |
| 5.50 - 7.00 PM     | Powerpump   | Dans 1     |
| 6.00 - 6.55 PM     | KickBag     | MB-zaal    |

| Saturday 28 December | Lesson          | Facilities |
|----------------------|-----------------|------------|
| 10.00 - 11.10 AM     | Powerpump       | Dans 1     |
| 11.10 AM - 12.05 PM  | Step-booty-core | Dans 1     |

| Sunday 29 December  | Lesson            | Facilities |
|---------------------|-------------------|------------|
| 9.30 - 10.35 AM     | Powerpump         | Dans 1     |
| 10.00 - 11.00 AM    | Cross challenge   | Kratistos  |
| 10.35 - 11.30 AM    | Dance             | Dans 1     |
| 11.30 AM - 12.25 PM | Step&shape medium | Dans 1     |

| Monday 30 December | Lesson                    | Facilities |
|--------------------|---------------------------|------------|
| 4.00 - 5.00 PM     | Strength sports for staff | Fitness    |
| 5.30 - 6.25 PM     | Intensity                 | MB-zaal    |
| 6.00 - 7.00 PM     | Hyrox                     | Kratistos  |
| 6.00 - 7.10 PM     | Powerpump                 | Dans 1     |
| 6.30 - 7.25 PM     | KickBag                   | MB-zaal    |
| 7.15 - 8.10 PM     | BRN@                      | Dans 1     |

| Tuesday 31 December | Lesson          | Facilities |
|---------------------|-----------------|------------|
| 9.30 - 10.25 AM     | Pilates         | Dans 2     |
| 11.00 AM - 12.00 PM | Cross challenge | Kratistos  |

Happy New Year

| Thursday 2 January  | Lesson                  | Facilities |
|---------------------|-------------------------|------------|
| 11.00 AM - 12.00 PM | Cross challenge         | Kratistos  |
| 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      | Zumba                   | Dans 2     |
| 6.15 - 7.10 PM      | Spinning                | Spinning   |
| 6.30 - 7.30 PM      | Weightlifting beginners | Kratistos  |
| 6.45 - 7.40 PM      | Super shape             | Dans 1     |

| Friday 3 January | Lesson      | Facilities |
|------------------|-------------|------------|
| 8.30 - 9.25 AM   | Yoga        | Dans 2     |
| 9.30 - 10.25 AM  | Pilates     | Dans 2     |
| 10.00 - 10.55 AM | Super shape | Dans 1     |
| 4.45 - 5.40 PM   | Yoga        | Dans 2     |
| 5.00 - 5.55 PM   | Spinning    | Spinning   |
| 5.30 - 6.30 PM   | Hyrox       | Kratistos  |
| 5.50 - 7.00 PM   | Powerpump   | Dans 1     |
| 6.00 - 6.55 PM   | KickBag     | MB-zaal    |

| Saturday 4 January  | Lesson          | Facilities |
|---------------------|-----------------|------------|
| 10.00 - 11.10 AM    | Powerpump       | Dans 1     |
| 11.10 AM - 12.05 PM | Step-booty-core | Dans 1     |

| Sunday 5 January    | Les               | Facilities |
|---------------------|-------------------|------------|
| 9.30 - 10.35 AM     | Powerpump         | Dans 1     |
| 10.35 - 11.30 AM    | Dance             | Dans 1     |
| 11.30 AM - 12.25 PM | Step&shape medium | Dans 1     |
| 11.30 AM - 12.30 PM | Hyrox             | Kratistos  |

## 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

If you participate in the sports programmes of Olympos, you must adhere to the rules of use.

[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 via newsletter

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

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