

Summer schedule group lessons 2024

valid from 1 July to 8 September

Monday	Lesson	Facilities	Jul-15	Jul-22	Jul-29	Aug-5	Aug-12	Aug-19	Aug-26	Sep-2
9.45AM-10.45AM	Pilates	Parnassos								
11.00AM-12.00PM	Yin Yoga	Parnassos								
12.00-12.45PM	Bootcamp for staff	Bootcamp square	✓	✓	✓	✓	✓			✓
4.00-4.55PM	Pilates	Dans 2		✓	✓	✓	✓	✓	✓	✓
5.00-5.55PM	Yoga	Dans 2		✓	✓	✓	✓	✓	✓	✓
5.00-5.55PM	Zumba	Dans 1				✓	✓	✓	✓	✓
5.30-6.25PM	Intensity	MB-zaal	✓	✓		✓	✓		✓	✓
5.30-6.25PM	Spinning	Spinning	✓	✓	✓	✓	✓	✓	✓	✓
6.00-7.10PM	Powerpump	Dans 1	✓	✓		✓	✓		✓	✓
6.30-7.25PM	KickBag	MB-zaal	✓	✓		✓	✓		✓	✓
7.15-8.10PM	BRN®	Dans 1	✓		✓	✓		✓	✓	✓
7.45-9.30PM	Boxing / kick boxing	MB-zaal	✓	✓					✓	✓
Tuesday	Lesson	Facilities	Jul-16	Jul-23	Jul-30	Aug-6	Aug-13	Aug-20	Aug-27	Sep-3
8.30-9.25AM	Yoga	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓
9.30-10.25AM	Pilates	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓
3.45-4.45PM	Yoga	Parnassos								
4.50-6.00PM	Powerpump	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓
6.00-6.55PM	Barre workout	Dans 2		✓	✓	✓	✓			
6.00-7.25PM	Step&shape XL	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓
6.30-7.25PM	Spinning	Spinning			✓	✓	✓		✓	✓
7.30-8.25PM	Zumba	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓
Wednesday	Lesson	Facilities	Jul-17	Jul-24	Jul-31	Aug-7	Aug-14	Aug-21	Aug-28	Sep-4
10.15-11.10AM	Yoga	Dans 2		✓	✓	✓	✓	✓	✓	✓
2.30-3.30PM	Dance, Booty & Core	Parnassos								
3.30-4.30PM	Yoga	Parnassos								
4.15-5.10PM	Spinning	Spinning	✓	✓	✓	✓	✓	✓	✓	✓
4.30-5.25PM	Yogalates	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓
5.30-6.25PM	Bodyfit 40+	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓
5.30-6.25PM	Intensity	MB-zaal	✓	✓	✓	✓	✓	✓	✓	✓
5.30-6.25PM	Supershapes	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓
5.30-6.45PM	Pole Fitness®, all levels	Spinning	✓	✓	✓	✓	✓	✓	✓	✓
6.30-7.25PM	KickBag	MB-zaal	✓	✓	✓	✓	✓	✓	✓	✓
6.30-7.40PM	Powerpump	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓
6.45-8.00PM	Pole Fitness®, all levels	Spinning	✓	✓	✓	✓	✓	✓	✓	✓
7.30-8.30PM	Bootcamp	Wilhelminapark	✓						✓	✓
8.30-9.25PM	Zumba	MB-zaal	✓	✓	✓	✓	✓	✓	✓	✓
Thursday	Lesson	Facilities	Jul-18	Jul-25	Aug-1	Aug-8	Aug-15	Aug-22	Aug-29	Sep-5
8.30-9.45AM	Booty&core XL	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓
12.30-1.15PM	Bootcamp for staff	Bootcamp square	✓	✓	✓	✓	✓			✓
1.30-2.30PM	Pilates	Parnassos								
2.45-3.45PM	Yoga	Parnassos								
5.00-5.55PM	Yoga	Dans 2		✓	✓	✓	✓	✓	✓	✓
5.15-6.10PM	Intensity	MB-zaal		✓	✓	✓	✓	✓	✓	✓
6.00-6.55PM	Ashtanga yoga basic	Dans 2		✓	✓	✓	✓	✓	✓	✓
6.15-7.10PM	Spinning	Spinning		✓	✓	✓	✓	✓	✓	✓
6.15-7.45PM	Aerial acrobatics, (semi-)adv.	MB-zaal	✓	✓	✓	✓	✓	✓	✓	✓
7.30-8.45PM	Pole Fitness®, all levels	Spinning	✓	✓	✓	✓	✓	✓		
Friday	Lesson	Facilities	Jul-19	Jul-26	Aug-2	Aug-9	Aug-16	Aug-23	Aug-30	Sep-6
8.30-9.25AM	Yoga	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓
9.30-10.25AM	Pilates	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓
10.00-10.55AM	Supershapes	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓
4.45-5.40PM	Yoga	Dans 2						✓	✓	✓
5.50-7.00PM	Powerpump	Dans 1						✓	✓	✓
6.00-6.55PM	KickBag	MB-zaal	✓	✓	✓	✓	✓	✓	✓	✓
Saturday	Lesson	Facilities	Jul-20	Jul-27	Aug-3	Aug-10	Aug-17	Aug-24	Aug-31	Sep-7
10.00-10.55AM	Pilates	Dans 2	✓					✓	✓	✓
10.00-11.10AM	Powerpump	Dans 1		✓	✓	✓	✓	✓	✓	✓
11.00-11.55AM	Yoga	Dans 2	✓					✓	✓	✓
11.10AM-12.05PM	Step-booty-core	Dans 1		✓	✓	✓	✓	✓		✓
Sunday	Lesson	Facilities	Jul-21	Jul-28	Aug-4	Aug-11	Aug-18	Aug-25	Sep-1	Sep-8
10.15-11.10AM	Dance	Dans 1		✓	✓	✓	✓	✓		✓
11.15AM-12.10PM	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

