Schedule group lessons (valid from 7 September 2026)

Monday	Lesson	Facilities
9:30 - 10:25 am	Pilates	Dans 2
12:00 - 12:45 pm	Bootcamp for staff	Lawn Hubrecht Institute
3:00 - 3:30 pm	Mobility	Kratistos
4:00 - 5:00 pm	Strength sports for staff	MB-zaal
4:00 - 4:55 pm	Pilates	Dans 2
5:00 - 5:55 pm	Vinyasa yoga	Dans 2
5:00 - 5:55 pm	Zumba	Dans 1
5:30 - 6:25 pm	Functional training	MB-zaal
5:30 - 6:25 pm	Spinning	Spinning
6:00 - 6:55 pm	Barre workout	Dans 2
6:00 - 7:00 pm	Powerpump	Dans 1
6:30 - 7:25 pm	Heavy bag training	MB-zaal
7:15 - 8:10 pm	BRN®	Dans 1
7:30 - 9:00 pm	Boxing / kick boxing	MB-zaal
8:15 - 9:30 pm	Pole sports all levels	Spinning
Tuesday	**Lesson**	**Facilities**
9:00 - 10:00 am	Powerpump	Dans 1
9:30 - 10:25 am	Pilates	Dans 2
10:30 - 11:25 am	Yoga hatha	Dans 2
2:00 - 3:00 pm	Pilates	Parnassos
4:45 - 5:45 pm	Powerpump	Dans 1
5:30 - 6:25 pm	Heavy bag training	MB-zaal
5:30 - 6:30 pm	Bootcamp for staff	Calisthenics rack
5:30 - 7:00 pm	Pickleball	hall 3 part C
6:00 - 6:55 pm	Barre workout	Dans 2
6:00 - 7:10 pm	Step&shape advanced	Dans 1
6:30 - 7:25 pm	Spinning	Spinning
7:00 - 7:45 pm	Rhythm pilates	Dans 2
7:15 - 8:10 pm	Zumba	Dans 1
8:15 - 8:55 pm	Booty core	Dans 1
Wednesday	**Lesson**	**Facilities**
9:15 - 10:10 am	Core balance	Dans 2
10:00 - 11:00 am	Fitness for seniors	Fitness
10:00 - 11:00 am	Powerpump	Dans 1
10:15 - 11:10 am	Yoga	Dans 2
11:15 am - 12:10 pm	Yoga for seniors	Dans 2
2:00 - 3:00 pm	Pilates	Parnassos
3:00 - 4:00 pm	Yoga	Parnassos
4:25 - 5:20 pm	Spinning	Spinning
4:30 - 5:25 pm	Pilates	Dans 2
4:30 - 5:25 pm	Zumba	Dans 1
5:30 - 6:25 pm	Bodyfit	Dans 2

Wednesday	Lesson	Facilities
5:30 - 6:25 pm	Functional training	MB-zaal
5:30 - 6:25 pm	Supershape	Dans 1
6:30 - 7:25 pm	Heavy bag training	MB-zaal
6:30 - 7:30 pm	Powerpump	Dans 1
6:45 - 8:00 pm	Pole sports all levels	Spinning
8:30 - 9:25 pm	Feminine dance workout	MB-zaal
Thursday	**Lesson**	**Facilities**
9:00 - 9:55 am	Pilates	Dans 2
9:45 - 10:45 am	Yin yoga	Parnassos
10:00 - 11:00 am	Powerpump	Dans 1
10:45 - 11:45 am	Pilates	Parnassos
12:30 - 1:15 pm	Bootcamp for staff	Bootcamp square
3:00 - 3:30 pm	Mobility	Kratistos
4:00 - 5:00 pm	Strength sports for staff	Fitness
4:30 - 5:25 pm	Step&shape basic	Dans 1
5:00 - 6:30 pm	Pickleball	hall 1 part C
5:00 - 5:55 pm	Vinyasa yoga	Dans 2
5:15 - 6:10 pm	Functional training	MB-zaal
5:30 - 6:25 pm	Zumba	Dans 1
6:00 - 6:55 pm	Ashtanga yoga	Dans 2
6:15 - 7:10 pm	Spinning	Spinning
6:30 - 7:10 pm	Booty core	Dans 1
Friday	**Lesson**	**Facilities**
9:30 - 10:25 am	Pilates	Dans 2
9:45 - 10:45 am	Yoga hatha	Parnassos
10:00 - 11:00 am	Fitness for seniors	Fitness
10:00 - 10:55 am	Supershape	Dans 1
10:30 - 11:25 am	Yoga	Dans 2
4:45 - 5:40 pm	BRN®	Dans 1
4:50 - 5:45 pm	Yoga hatha	Dans 2
5:00 - 5:55 pm	Spinning	Spinning
5:50 - 6:50 pm	Powerpump	Dans 1
6:00 - 6:55 pm	Heavy bag training	MB-zaal
Saturday	**Lesson**	**Facilities**
10:00 - 10:55 am	Pilates	Dans 2
10:00 - 11:00 am	Powerpump	Dans 1
11:00 - 11:55 am	Vinyasa yoga	Dans 2
11:15 - 11:55 am	Booty core	Dans 1
Sunday	**Lesson**	**Facilities**
9:30 - 10:30 am	Powerpump	Dans 1
10:45 - 11:40 am	Dance	Dans 1
11:45 am - 12:40 pm	Step&shape medium	Dans 1
12:00 - 12:30 pm	Mobility	Kratistos

Book a lesson

You can book a spot online two days prior to the scheduled lesson. Bookings close 5 minutes 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 newsletter

via www.olympos.nl/newsletter

Sportcentrum Olympos
info@olympos.nl
www.olympos.nl