

# Schedule courses

Period 3: 9 February to 19 April 2026 (10 weeks)

Start registration: Monday 26 January 2026



Monday	Course	Level	Facilities	Requirements
11.00 AM - 12.00 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/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 + € 17.50 (cat. A/B/C/X)
7.00 - 8.15 PM	Pole sports	advanced	Spinning	OlymPas
7.15 - 8.15 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
8.30 - 9.30 PM	Cross challenge		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
Tuesday	Course	Level	Facilities	Requirements
5.30 - 6.30 PM	Cross challenge		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
6.30 - 7.45 PM	Running practices	beginner	Outdoor	OlymPas
Wednesday	Course	Level	Facilities	Requirements
11.00 AM - 12.00 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
4.30 - 5.30 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
5.00 - 6.30 PM	Volleyball	advanced	Hall 3 part C	OlymPas
5.30 - 7.00 PM	Running practices	all levels	Parnassos	OlymPas
5.30 - 6.45 PM	Pole sports	beginner/semi-advanced	Spinning	OlymPas
6.00 - 7.00 PM	Cross challenge		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
6.30 - 8.00 PM	Volleyball	well advanced	Hall 3 part C	OlymPas
8.00 - 10.00 PM	Cheerleading	beginner/semi-advanced	Squash court 1	OlymPas
Thursday	Course	Level	Facilities	Requirements
11.00 AM - 12.00 PM	Cross challenge		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
5.00 - 6.30 PM	Volleyball	semi-advanced	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 + € 17.50 (cat. A/B/C/X)
7.30 - 8.30 PM	Weight lifting	advanced	Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
7.30 - 8.45 PM	Pole sports	beginner	Spinning	OlymPas
Friday	Course	Level	Facilities	Requirements
5.30 - 6.30 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
Saturday	Course	Level	Facilities	Requirements
9.45 - 11.30 AM	Aerial acrobatics	all levels	MB-zaal	OlymPas
10.00 AM - 12.30 PM	Cheerleading	advanced	Squash court 1	OlymPas
Sunday	Course	Level	Facilities	Requirements
10.00 - 11.00 AM	Cross challenge		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)
11.30 AM - 12.30 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C/X)

<b>Rate category A</b>	Students at the UU and other Dutch universities, HU, HKU, UvH and MBO: ROC Midden Nederland, Grafisch Lyceum Utrecht, Nimeto and MBO Utrecht.
<b>Rate category B</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'
<b>Rate category X</b>	Staff of insitutions / companies at the Utrecht Science Park
<b>Rate category C</b>	Others
	* in possession of a Friend Pass Utrecht University Fund
<b>Check the (discount)rates of the OlymPas.</b>	

# Schedule short courses

Period F: 16 March to 19 April 2026

Start registration: Monday 2 March

Monday	Course	Level	Facilities	Requirements
2.00 - 3.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
Tuesday	Course	Level	Facilities	Requirements
12.00 - 1.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
Wednesday	Course	Level	Facilities	Requirements
1.00 - 2.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
Thursday	Course	Level	Facilities	Requirements
2.00 - 3.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C/X)
Friday	Course	Level	Facilities	Requirements
11.00 AM - 12.00 PM	Strength workout for beginners	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)

# Schedule 3-week courses

Week 10-12 2 March to 22 March 2026 (registration from Monday 16 February)

Week 13-15 23 March to 12 April 2026 (registration from Monday 9 March)

Monday	Course	Level	Facilities	Requirements
8.00 - 9.00 AM	Kickstart fitness	beginners	Fitness	OlymPas
Tuesday	Course	Level	Facilities	Requirements
12.30 - 1.30 PM	Kickstart fitness	beginners	Fitness	OlymPas
8.30 - 9.30 PM	Kickstart fitness	beginners	Fitness	OlymPas
Wednesday	Course	Level	Facilities	Requirements
5.00 - 6.00 PM	Kickstart fitness	beginners	Fitness	OlymPas
Thursday	Course	Level	Facilities	Requirements
2.30 - 3.30 PM	Kickstart fitness	beginners	Fitness	OlymPas
5.30 - 6.30 PM	Kickstart fitness	beginners	Fitness	OlymPas
Friday	Course	Level	Facilities	Requirements
5.00 - 6.00 PM	Kickstart fitness	beginners	Fitness	OlymPas
Saturday	Course	Level	Facilities	Requirements
10.00 - 11.00 AM	Kickstart fitness	beginners	Fitness	OlymPas
Sunday	Course	Level	Facilities	Requirements
11.00 AM - 12.00 PM	Kickstart fitness	beginners	Fitness	OlymPas

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<b>Rate category B</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'
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<b>Rate category C</b>	Others

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[Check the \(discount\)rates of the OlymPas.](#)

The schedule is subject to change. The most up to date schedule can be viewed on [www.olympos.nl](http://www.olympos.nl).

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