

# Schedule group lessons (valid from 9 March 2026)

Monday	Lesson	Facilities
9.45 - 10.45 AM	Yoga Meditation	Parnassos
10.45 - 11.45 AM	Pilates	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	Functional training	MB-zaal
5.30 - 6.25 PM	Spinning	Spinning
6.00 - 6.55 PM	Barre Workout	Dans 2
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
9.00 - 10.10 AM	Powerpump	Dans 1
9.30 - 10.25 AM	Pilates	Dans 2
9.45 - 10.45 AM	Pilates	Parnassos
10.45 - 11.45 AM	Yin Yoga	Parnassos
2.00 - 3.00 PM	Pilates	Parnassos
4.30 - 6.00 PM	Pickleball	Hall 3 part B
4.50 - 6.00 PM	Powerpump	Dans 1
5.30 - 6.25 PM	KickBag	MB-zaal
5.30 - 6.30 PM	Bootcamp for staff	Calisthenics rack
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 - 7.55 PM	BRN®	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
9.45 - 10.45	Vinyasa Yoga	Parnassos
10.00 - 11.10 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 2

Wednesday	Lesson	Facilities
5.30 - 6.25 PM	Bodyfit 40+ for staff	Dans 2
5.30 - 6.25 PM	Functional training	MB-zaal
5.30 - 6.25 PM	Supershapes	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 all levels	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	Yin Yoga	Parnassos
10.45 - 11.45 AM	Pilates	Parnassos
12.30 - 1.15 PM	Bootcamp for staff	Bootcampplein
3.30 - 4.25 PM	Shape-booty-core	Dans 1
4.00 - 5.00 PM	Strength sports for staff	Fitness
4.30 - 5.25 PM	Step&shape basic	Dans 1
5.00 - 5.55 PM	Yoga	Dans 2
5.15 - 6.10 PM	Functional training	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
6.45 - 7.40 PM	Supershapes	Dans 1
Friday	Lesson	Facilities
8.30 - 9.25 AM	Yoga	Dans 2
9.30 - 10.25 AM	Pilates	Dans 2
9.45 - 10.45 AM	Yoga	Parnassos
10.00 - 10.55 AM	Supershapes	Dans 1
10.45 - 11:45 AM	Yin Yoga	Parnassos
4.30 - 6.00 PM	Pickleball	Hall 3 part B
4.45 - 5.40 PM	Yoga	Dans 2
5.30 - 6.25 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	Powerpump	Dans 2
10.00 - 11.10 AM	Powerpump	Dans 1
11.00 - 11.55 AM	Yoga	Dans 2
Sunday	Lesson	Facilities
9.00 - 9.55 AM	Yoga	Dans 2
9.30 - 10.35 AM	Powerpump	Dans 1
10.15 - 11.10 AM	Functional training	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 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](http://www.olympos.nl/newsletter)

Sportcentrum  
**Olympos**

info@olympos.nl  
www.olympos.nl