

Schedule group lessons (valid from 1 April 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 |
| 7.45 - 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 |
| 4.15 - 5.10 PM | Pilates | Dans 2 |
| 4.25 - 5.20 PM | Spinning | Spinning |
| 4.15 - 5.10 PM | Pilates | Dans 2 |

| Wednesday | Lesson | Facilities |
|---------------------|---------------------------|---------------|
| 5.15 - 6.10 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 - 7.25 PM | Booty core | 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

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