

Schedule courses (10 weeks)



Period 4: 20 April to 28 June 2026

Start registration: Tuesday 7 April 2026

Monday	Course	Level	Facilities	Requirements
11.00 AM - 12.00 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C)
4.30 - 5.30 PM	Cross challenge		Kratistos	OlymPas + € 17.50 (cat. A/B/C)
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)
7.00 - 8.15 PM	Pole sports	advanced	Spinning	OlymPas
7.15 - 8.15 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C)
Tuesday	Course	Level	Facilities	Requirements
5.30 - 6.30 PM	Cross challenge		Kratistos	OlymPas + € 17.50 (cat. A/B/C)
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)
4.30 - 5.30 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C)
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)
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)
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
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)
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
11.30 AM - 12.30 PM	Hyrox		Kratistos	OlymPas + € 17.50 (cat. A/B/C)

Schedule climbing courses (4 weeks)

Week 19-22: 4 May to 31 May 2026

Start registration: Monday 20 April

Monday	Course	Level	Facilities	Requirements
5.00 - 7.00 PM	Climbing: top rope	beginner	Kalymnos	OlymPas + € 12.10 (cat. A/B/C)
7.00 - 9.00 PM	Climbing: lead climbing	advanced	Kalymnos	OlymPas + € 53.20 cat. A/B/C)
Tuesday	Course	Level	Facilities	Requirements
6.00 - 8.00 PM	Climbing: top rope	beginner	Kalymnos	OlymPas + € 12.10 (cat. A/B/C)
8.00 - 10.00 PM	Climbing: technique	advanced	Kalymnos	OlymPas + € 48,90 cat. A/B/C)
Wednesday	Course	Level	Facilities	Requirements
5.00 - 7.00 PM	Climbing: top rope	beginner	Kalymnos	OlymPas + € 12.10 (cat. A/B/C)

Rate category A Students at the UU and other Dutch universities, HU, HKU, UvH and MBO: ROC Midden Nederland, Grafisch Lyceum Utrecht, Nimeto and MBO Utrecht.

Rate category 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'

Rate category C Others

* in possession of a Friend Pass Utrecht University Fund

Check the (discount) rates of the OlymPas.

Schedule short courses (5 weeks)

Period H: 26 May to 28 June 2026

Start registration: Monday 11 May

Monday	Course	Level	Facilities	Requirements
2.00 - 3.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C)
Tuesday	Course	Level	Facilities	Requirements
12.00 - 1.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C)
4.30 - 5.25 PM	Self-defence	all levels	MB-zaal	OlymPas + € 5.90 (cat. A/B/C)
6.00 - 7.30 PM	Survival run		Survival track	OlymPas
Wednesday	Course	Level	Facilities	Requirements
1.00 - 2.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C)
Thursday	Course	Level	Facilities	Requirements
9.45 - 11.15 AM	Yoga Basics & Beyond	all levels	Parnassos	OlymPas + € 17,50 (cat. A/B/C)
2.30 - 3.30 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C)
4.30 - 5.30 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C)
Friday	Course	Level	Facilities	Requirements
11.00 AM - 12.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C)
4.00 - 5.00 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 5.90 (cat. A/B/C)

Schedule Kickstart Fitness (3 weeks)

Week 20-22 11 to 31 May 2026 (registration from Tuesday 28 April)

Week 23-25 1 to 21 June 2026 (registration from Monday 18 May)

Monday	Course	Level	Facilities	Requirements
8.00 - 9.00 AM	Kickstart fitness	beginners	Fitness	OlymPas
8.00 - 9.00 PM	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

Rate category A	Students at the UU and other Dutch universities, HU, HKU, UvH and MBO: ROC Midden Nederland, Grafisch Lyceum Utrecht, Nimeto and MBO Utrecht.
Rate category 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'
Rate category C	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.

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www.olympos.nl