

Summer schedule group lessons 2026

valid from 29 June to 6 September

Please note: a group lesson may be cancelled if there are fewer than 5 reservations. In that case, you will receive an email about this.

Monday	Lesson	Facilities
4:00 - 4:55 pm	Pilates	Dans 2
4:00 - 5:00 pm	Strength sports for staff	MB-zaal
5:00 - 5:55 pm	Vinyasa Yoga	Dans 2
5:30 - 6:25 pm	Functional training	MB-zaal
5:30 - 6:25 pm	Spinning	Spinning
5:30 - 7:00 pm	Running practice	Stayokay Bunnik
6:00 - 6:55 pm	Barre Workout	Dans 2
6:00 - 7:00 pm	Hyrox	Kratistos
6:00 - 7:00 pm	Powerpump	Dans 1
6:30 - 7:25 pm	KickBag	MB-zaal
Tuesday	Lesson	Facilities
9:30 - 10:25 am	Pilates	Dans 2
10:30 - 11:25 am	Yoga	Dans 2
4:50 - 5:50 pm	Powerpump	Dans 1
5:00 - 7:00 pm	SUP & Go	Stayokay Bunnik
5:30 - 6:25 pm	Kickbag	MB-zaal
5:30 - 6:30 pm	Cross Challenge	Kratistos
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
7:15 - 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	Powerpump	Dans 1
10:15 - 11:10 am	Yoga	Dans 2
11:15 am - 12:10 pm	Yoga for seniors	Dans 2
4:25 - 5:20 pm	Spinning	Spinning
4:30 - 5:25 pm	Pilates	Dans 2
5:00 - 6:00 pm	Hyrox	Kratistos
5:30 - 6:25 pm	Bodyfit	Dans 2
5:30 - 6:25 pm	Functional training	MB-zaal

Wednesday	Lesson	Facilities
5:30 - 6:25 pm	Supershape	Dans 1
5:30 - 6:45 pm	Polesports all levels	Spinning
6:30 - 7:25 pm	Kickbag	MB-zaal
6:45 - 8:00 pm	Polesports all levels	Spinning
7:00 - 9:00 pm	Cheerleading	Squash court
8:30 - 9:25 pm	Zumba	MB-zaal
Thursday	Lesson	Facilities
9:00 - 09:55 am	Pilates	Dans 2
12:45 - 1:30 pm	Bootcamp for staff	Leuvenlaan
5:00 - 5:55 pm	Step & shape basic	Dans 1
5:00 - 5:55 pm	Yoga	Dans 2
5:00 - 7:00 pm	SUP & Go	Stayokay Bunnik
5:30 - 6:25 pm	Spinning	Spinning
6:00 - 6:40 pm	Booty core	Dans 1
6:00 - 6:55 pm	Yoga ashtanga	Dans 2
6:00 - 7:00 pm	Hyrox	Kratistos
6:15 - 7:45 pm	Aerial acrobatics (semi-)advanced	MB-zaal
6:45 - 8:00 pm	Polesports beginners	Spinning
Friday	Lesson	Facilities
9:30 - 10:25 am	Pilates	Dans 2
4:45 - 5:40 pm	Yoga hatha	Dans 2
5:50 - 6:50 pm	Powerpump	Dans 1
6:00 - 6:55 pm	KickBag	MB-zaal
6:00 - 7:00 pm	Hyrox	Kratistos
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
Sunday	Lesson	Facilities
10:00 - 11:00 am	Powerpump	Dans 1
11:15 am - 12:10 pm	Step & shape medium	Dans 1
11:30 am - 12:30 pm	Hyrox	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 stay 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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