

Schedule group lessons (valid from 7 September 2026)

Monday	Lesson	Facilities
9:45 - 10:45 am	Vinyasa yoga	Parnassos
10:45 - 11:45 am	Pilates	Parnassos
12:00 - 12:45 pm	Bootcamp for staff	Bootcamp square
4:00 - 5:00 pm	Strength sports for staff	MB-zaal
4:00 - 4:55 pm	Pilates	Dans 2
5:00 - 5:55 pm	Vinyasa 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 - 7:00 pm	Powerpump	Dans 1
6:30 - 7:25 pm	Heavy bag training	MB-zaal
7:15 - 8:10 pm	BRN®	Dans 1
7:45 - 9:15 pm	Boxing / kick boxing	MB-zaal
8:15 - 9:10 pm	Pole sports beg./semi-adv.	Spinning
Tuesday	Lesson	Facilities
9:00 - 10:00 am	Powerpump	Dans 1
9:30 - 10:25 am	Pilates	Dans 2
10:30 - 11:25 am	Yoga hatha	Dans 2
2:00 - 3:00 pm	Pilates	Parnassos
4:45 - 5:45 pm	Powerpump	Dans 1
5:00 - 7:00 pm	SUP & Go (+ €5)	Stayokay Bunnik
5:30 - 6:25 pm	Heavy bag training	MB-zaal
5:30 - 6:30 pm	Bootcamp for staff	Calisthenics rack
5:30 - 7:00 pm	Pickleball	hall 3 part C
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 - 7:45 pm	Rhythm pilates	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
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
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 1
5:30 - 6:25 pm	Bodyfit	Dans 2

Wednesday	Lesson	Facilities
5:30 - 6:25 pm	Functional training	MB-zaal
5:30 - 6:25 pm	Supershapes	Dans 1
6:30 - 7:25 pm	Heavy bag training	MB-zaal
6:30 - 7:30 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
9:00 - 9:55 am	Pilates	Dans 2
9:45 - 10:45 am	Yin yoga	Parnassos
10:00 - 11:00 am	Powerpump	Dans 1
10:45 - 11:45 am	Pilates	Parnassos
12:30 - 1:15 pm	Bootcamp for staff	Bootcamp square
4:00 - 5:00 pm	Strength sports for staff	Fitness
4:30 - 5:25 pm	Step&shape basic	Dans 1
5:00 - 6:30 pm	Pickleball	hall 1 part C
5:00 - 7:00 pm	SUP & Go (+ €5)	Stayokay Bunnik
5:00 - 5:55 pm	Vinyasa yoga	Dans 2
5:15 - 6:10 pm	Functional training	MB-zaal
5:30 - 6:25 pm	Zumba	Dans 1
6:00 - 6:55 pm	Ashtanga yoga	Dans 2
6:15 - 7:10 pm	Spinning	Spinning
6:30 - 7:25 pm	Booty core	Dans 1
Friday	Lesson	Facilities
9:30 - 10:25 am	Pilates	Dans 2
9:45 - 10:45 am	Yoga hatha	Parnassos
10:00 - 10:55 am	Supershapes	Dans 1
10:30 - 11:25 am	Yoga	Dans 2
4:45 - 5:40 pm	BRN®	Dans 1
4:50 - 5:45 pm	Yoga hatha	Dans 2
5:00 - 5:55 pm	Spinning	Spinning
5:50 - 6:50 pm	Powerpump	Dans 1
6:00 - 6:55 pm	Heavy bag training	MB-zaal
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
11:15 - 11:55 am	Booty core	Dans 1
Sunday	Lesson	Facilities
9:30 - 10:30 am	Powerpump	Dans 1
10:45 - 11:40 am	Dance	Dans 1
11:45 am - 12:40 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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