

# Christmas schedule group lessons

Valid from 23 December 2023 to 7 January 2024

You can participate in these group lessons if you have an OlymPas or OlymPas day pass.

| Saturday 23 December | Lesson          | Facilities |
|----------------------|-----------------|------------|
| 10.00 - 11.10 AM     | Powerpump       | Dans 1     |
| 11.15 AM - 12.10 PM  | Step-booty-core | Dans 1     |

| Sunday 24 December  | Lesson     | Facilities |
|---------------------|------------|------------|
| 9.30 - 10.35 AM     | Powerpump  | Dans 1     |
| 10.40 - 11.35 AM    | Dance      | Dans 1     |
| 11.40 AM - 12.35 PM | Step&shape | Dans 1     |

Merry Christmas

| Wednesday 27 December | Lesson          | Facilities |
|-----------------------|-----------------|------------|
| 8.45 - 9.40 AM        | Supershaping    | Dans 1     |
| 9.45 - 10.55 AM       | Powerpump       | Dans 1     |
| 5.30 - 6.25 PM        | Supershaping    | Dans 1     |
| 5.30 - 6.30 PM        | Cross challenge | Kratistos  |

| Thursday 28 December | Lesson          | Facilities |
|----------------------|-----------------|------------|
| 8.30 - 9.45 AM       | Booty&core XL   | Dans 1     |
| 11.00 AM - 12.00 PM  | Cross challenge | Kratistos  |
| 5.15 - 6.10 PM       | Intensity       | MB-zaal    |
| 6.15 - 7.10 PM       | Spinning        | Spinning   |
| 6.30 - 8.00 PM       | Weight lifting  | Kratistos  |

| Friday 29 December | Lesson          | Facilities |
|--------------------|-----------------|------------|
| 8.30 - 9.25 AM     | Yoga            | Dans 2     |
| 9.30 - 10.25 AM    | Pilates         | Dans 2     |
| 10.00 - 10.55 AM   | Supershaping    | Dans 1     |
| 10.00 - 11.00 AM   | Cross challenge | Kratistos  |
| 4.45 - 5.40 PM     | Yoga            | Dans 2     |
| 5.00 - 5.55 PM     | Spinning        | Spinning   |
| 5.30 - 6.30 PM     | Hyrox           | Kratistos  |
| 5.50 - 7.00 PM     | Powerpump       | Dans 1     |
| 7.00 - 8.00 PM     | Cross challenge | Kratistos  |

| Saturday 30 December | Lesson          | Facilities |
|----------------------|-----------------|------------|
| 10.00 - 11.10 AM     | Powerpump       | Dans 1     |
| 11.15 AM - 12.10 PM  | Step-booty-core | Dans 1     |

| Sunday 31 December  | Lesson          | Facilities |
|---------------------|-----------------|------------|
| 9.30 - 10.35 AM     | Powerpump       | Dans 1     |
| 10.00 - 11.00 AM    | Cross challenge | Kratistos  |
| 10.40 - 11.35 AM    | Dance           | Dans 1     |
| 11.30 AM - 12.30 PM | Hyrox           | Kratistos  |
| 11.40 AM - 12.35 PM | Step&shape      | Dans 1     |

Happy New Year

| Tuesday 2 January   | Lesson              | Facilities |
|---------------------|---------------------|------------|
| 8.30 - 9.25 AM      | Yoga                | Dans 2     |
| 9.30 - 10.25 AM     | Pilates             | Dans 2     |
| 11.00 AM - 12.00 PM | Cross challenge     | Kratistos  |
| 3.45 - 4.40 PM      | Step-booty-core     | Dans 1     |
| 4.30 - 5.55 PM      | Ashtanga yoga basic | Dans 2     |
| 4.50 - 6.00 PM      | Powerpump           | Dans 1     |
| 6.00 - 7.25 PM      | Step&shape XL       | Dans 1     |
| 7.30 - 8.25 PM      | Zumba               | Dans 1     |

| Wednesday 3 January | Lesson          | Facilities |
|---------------------|-----------------|------------|
| 8.45 - 9.40 AM      | Supershaping    | Dans 1     |
| 9.15 - 10.10 AM     | Core balance    | Dans 2     |
| 9.45 - 10.55 AM     | roost           | Dans 1     |
| 10.15 - 11.10 AM    | Yoga            | Dans 2     |
| 4.15 - 5.10 PM      | Spinning        | Spinning   |
| 5.30 - 6.25 PM      | Intensity       | MB-zaal    |
| 5.30 - 6.25 PM      | Supershaping    | Dans 1     |
| 5.30 - 6.30 PM      | Cross challenge | Kratistos  |
| 8.30 - 9.25 PM      | Zumba           | MB-zaal    |

Thursday 4 January closed due to maintenance.

| Friday 5 January | Lesson          | Facilities |
|------------------|-----------------|------------|
| 8.30 - 9.25 AM   | Yoga            | Dans 2     |
| 9.30 - 10.25 AM  | Pilates         | Dans 2     |
| 10.00 - 10.55 AM | Supershaping    | Dans 1     |
| 10.00 - 11.00 AM | Cross challenge | Kratistos  |
| 4.45 - 5.40 PM   | Yoga            | Dans 2     |
| 5.30 - 6.30 PM   | Hyrox           | Kratistos  |
| 5.50 - 7.00 PM   | Powerpump       | Dans 1     |
| 7.00 - 8.00 PM   | Cross challenge | Kratistos  |

| Saturday 6 January  | Lesson          | Facilities |
|---------------------|-----------------|------------|
| 10.00 - 11.10 AM    | Powerpump       | Dans 1     |
| 11.15 AM - 12.10 PM | Step-booty-core | Dans 1     |

| Sunday 7 January    | Lesson          | Facilities |
|---------------------|-----------------|------------|
| 9.30 - 10.35 AM     | Powerpump       | Dans 1     |
| 10.00 - 11.00 AM    | Cross challenge | Kratistos  |
| 10.40 - 11.35 AM    | Dance           | Dans 1     |
| 11.30 AM - 12.30 PM | Hyrox           | Kratistos  |
| 11.40 AM - 12.35 PM | Step&shape      | Dans 1     |

## Book a lesson

You can book a spot online from 7.30 AM two days prior to the scheduled lesson. Bookings close half an hour 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

In order to provide a safe environment it is important that everyone observes the rules of use. Make sure that you take note of all the regulations before you come to Olympo.

[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.olympo.nl/newsletter](http://www.olympo.nl/newsletter)

Sportcentrum  
Olympo

info@olympo.nl  
www.olympo.nl