

Summer schedule group lessons 2025

valid from 30 June to 7 September

Monday	Lesson	Facilities	jun-30	jul-7	jul-14	jul-21	jul-28	aug-4	aug-11	aug-18	aug-25	sep-1
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	Intensity	MB-zaal	✓		✓	✓	✓	✓	✓			
5.30 - 6.25 PM	Spinning	Spinning	✓			✓	✓	✓	✓			
6.00 - 7.10 PM	Powerpump	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6.00 - 8.00 PM	SUP & Go	Stayokay Bunnik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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	✓	✓	✓	✓				✓		
Tuesday	Lesson	Facilities	jul-1	jul-8	jul-15	jul-22	jul-29	aug-5	aug-12	aug-19	aug-26	sep-2
8.30 - 9.25 AM	Yoga	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9.00 - 10.10 AM	Powerpump	dans 1						✓	✓	✓	✓	✓
9.30 - 10.25 AM	Pilates	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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 - 7.25 PM	Step&shape XL	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6.30 - 7.25 PM	Spinning	Spinning	✓	✓	✓							✓
7.00 - 7.55 PM	BRN®	Dans 2						✓	✓	✓	✓	✓
7.30 - 8.25 PM	Zumba	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wednesday	Lesson	Facilities	jul-2	jul-9	jul-16	jul-23	jul-30	aug-6	aug-13	aug-20	aug-27	sep-3
9.15 - 10.10 AM	Core balance	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10.15 - 11.10 AM	Yoga	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4.15 - 5.10 PM	Spinning	Spinning	✓	✓	✓	✓	✓				✓	✓
4.30 - 5.25 PM	Pilates	Dans 2	✓	✓	✓	✓				✓	✓	✓
5.30 - 6.25 PM	Bodyfit 40+	Dans 2	✓	✓	✓	✓				✓	✓	✓
5.30 - 6.25 PM	Intensity	MB-zaal	✓	✓	✓	✓	✓	✓			✓	✓
5.30 - 6.25 PM	Supershape	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5.30 - 6.45 PM	Pole sports all levels	Spinning	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6.30 - 7.25 PM	Kickbag	MB-zaal	✓	✓	✓	✓	✓	✓	✓		✓	✓
6.30 - 7.40 PM	Powerpump	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6.45 - 8.10 PM	Pole sports all levels	Spinning		✓	✓	✓	✓	✓	✓	✓	✓	✓
8.00 - 10.00 PM	Cheerleading all levels	Squash 1						✓		✓	✓	✓
8.30 - 9.25 PM	Zumba	MB-zaal							✓	✓	✓	✓
Thursday	Lesson	Facilities	jul-3	jul-10	jul-17	jul-24	jul-31	aug-7	aug-14	aug-21	aug-28	sep-4
8.30 - 9.25 AM	Yogalates	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9.30 - 10.40 AM	Powerpump	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12.30 - 1.15 PM	Bootcamp for staff	Bootcamp square	✓	✓	✓	✓	✓					
5.00 - 5.55 PM	Yoga	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5.00 - 7.00 PM	SUP & Go	Stayokay Bunnik	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5.15 - 6.10 PM	Intensity	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 - 7.40 PM	Supershape	Dans 1	✓	✓	✓							✓
6.15 - 7.45 PM	Aerial acrobatics (semi-)adv.	MB-zaal	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Friday	Lesson	Facilities	jul-4	jul-11	jul-18	jul-25	aug-1	aug-8	aug-15	aug-22	aug-29	sep-5
8.30 - 9.25 AM	Yoga	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9.30 - 10.25 AM	Pilates	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10.00 - 10.55 AM	Supershape	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4.45 - 5.40 PM	Yoga	Dans 2	✓	✓	✓					✓	✓	✓
5.50 - 7.00 PM	Powerpump	Dans 1	✓	✓	✓					✓	✓	✓
6.00 - 6.55 PM	KickBag	MB-zaal	✓	✓	✓	✓	✓	✓			✓	✓
Saturday	Lesson	Facilities	jul-5	jul-12	jul-19	jul-26	aug-2	aug-9	aug-16	aug-23	aug-30	sep-6
9.30 - 10.25 AM	Spinning	Spinning					✓	✓	✓	✓	✓	✓
10.00 - 10.55 AM	Pilates	Dans 2	✓	✓	✓		✓	✓	✓	✓	✓	✓
10.00 - 11.10 AM	Powerpump	Dans 1	✓	✓	✓		✓	✓	✓	✓	✓	
11.00 - 11.55 AM	Yoga	Dans 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11.10 AM - 12.05 PM	Step-booty-core	Dans 1	✓	✓	✓			✓	✓	✓	✓	
Sunday	Lesson	Facilities	jul-6	jul-13	jul-20	jul-27	aug-3	aug-10	aug-17	aug-24	aug-31	sep-7
9.00 - 9.55 AM	Yoga	Dans 2	✓	✓		✓	✓	✓		✓	✓	✓
10.15 - 11.10 AM	Intensity	MB - zaal	✓	✓		✓	✓			✓	✓	✓
10.00 - 10.55 AM	Dance	Dans 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11.00 - 11.55 AM	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

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