

# Schedule short courses



Period I: 30 June to 3 August 2025 (5 weeks)

Start registration: Monday 16 June 2025

Monday	Course	Level	Facilities	Requirements
4.30 - 5.30 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
6.00 - 7.00 PM	Hyrox	all levels	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
8.30 - 9.30 PM	Cross challenge	all levels	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
Tuesday	Course	Level	Facilities	Requirements
5.30 - 6.30 PM	Hyrox	all levels	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
Thursday	Course	Level	Facilities	Requirements
7.30 - 8.30 PM	Olympic weightlifting	beginner	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
Friday	Course	Level	Facilities	Requirements
5.30 - 6.30 PM	Hyrox	all levels	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)

Period J: 4 August to 7 September 2025 (5 weeks)

Start registration: Monday 21 July 2025



Monday	Course	Level	Facilities	Requirements
4.30 - 5.30 PM	Strength workout for beginners	beginner	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
6.00 - 7.00 PM	Hyrox	all levels	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
8.30 - 9.30 PM	Cross challenge	all levels	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
Tuesday	Course	Level	Facilities	Requirements
5.30 - 6.30 PM	Hyrox	all levels	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
Thursday	Course	Level	Facilities	Requirements
7.30 - 8.30 PM	Olympic weightlifting	beginner	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)
Friday	Course	Level	Facilities	Requirements
5.30 - 6.30 PM	Hyrox	all levels	Kratistos	OlymPas + € 11.80 (cat. A/B/C/X)

<b>Rate category A</b>	Students at the UU and other Dutch universities, HU, HKU, UvH
<b>Rate category B</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'
<b>Rate category X</b>	Staff of insitutions / companies at the Utrecht Science Park
<b>Rate category C</b>	Others
* in possession of a Friend Pass Utrecht University Fund	
See <a href="https://olympos.nl/en/rates-olympas">olympos.nl/en/rates-olympas</a> for 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](https://www.olympos.nl).

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