

Summer schedule group lessons 2025

valid from 30 June to 7 September

Monday	Lesson	Facilities	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	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	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	Supershapes	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	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	Supershapes	Dans 1				✓
6.15 - 7.45 PM	Aerial acrobatics (semi-jadv.	MB-zaal	✓	✓	✓	✓
Friday	Lesson	Facilities	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	Supershapes	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	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	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

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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