

# Schedule group lessons (valid from 6 October 2025)

| Monday           | Lesson                     | Facilities        |
|------------------|----------------------------|-------------------|
| 9.45 - 10.45 AM  | Yoga Meditation            | Parnassos         |
| 10.45 - 11.45 AM | Pilates                    | Parnassos         |
| 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 - 6.55 PM   | Barre Workout              | Dans 2            |
| 6.00 - 7.10 PM   | Powerpump                  | Dans 1            |
| 6.30 - 7.25 PM   | KickBag                    | MB-zaal           |
| 7.15 - 8.10 PM   | BRN®                       | Dans 1            |
| 7.30 - 8.25 PM   | Bootcamp                   | Buiten            |
| 7.45 - 9.30 PM   | Boxing / kick boxing       | MB-zaal           |
| 8.15 - 9.10 PM   | Pole sports beg./semi-adv. | Spinning          |
| Tuesday          | Lesson                     | Facilities        |
| 8.30 - 9.25 AM   | Yoga                       | Dans 2            |
| 9.00 - 10.10 AM  | Powerpump                  | Dans 1            |
| 9.30 - 10.25 AM  | Pilates                    | Dans 2            |
| 9.45 - 10.45 AM  | Pilates                    | Parnassos         |
| 10.45 - 11.45 AM | Yin Yoga                   | Parnassos         |
| 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 advanced        | 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        |
| 9.00 - 9.55 AM   | BRN®                       | Dans 1            |
| 9.15 - 10.10 AM  | Core balance               | Dans 2            |
| 10.00 - 11.10 AM | Powerpump                  | Dans 1            |
| 10.15 - 11.10 AM | Yoga                       | Dans 2            |
| 2.00 - 3.00 PM   | Pilates                    | Parnassos         |
| 3.30 - 4.25 PM   | Dance-booty-core           | Dans 2            |
| 3.00 - 4.00 PM   | Yoga                       | Parnassos         |
| 4.15 - 5.10 PM   | Spinning                   | Spinning          |
| 4.30 - 5.25 PM   | Pilates                    | Dans 2            |
| 5.30 - 6.25 PM   | Bodyfit 40+ for staff      | Dans 2            |

| Wednesday           | Lesson                    | Facilities    |
|---------------------|---------------------------|---------------|
| 5.30 - 6.25 PM      | Intensity                 | MB-zaal       |
| 5.30 - 6.25 PM      | Supershapes               | Dans 1        |
| 6.30 - 7.25 PM      | Kickbag                   | MB-zaal       |
| 6.30 - 7.40 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    |
| 8.30 - 9.25 AM      | Yogalates                 | Dans 2        |
| 9.30 - 10.40 AM     | Powerpump                 | Dans 1        |
| 9.45 - 10.45 AM     | Yin Yoga                  | Parnassos     |
| 10.45 - 11.45 AM    | Pilates                   | Parnassos     |
| 12.30 - 1.15 PM     | Bootcamp for staff        | Bootcampplein |
| 3.30 - 4.25 PM      | Shape-booty-core          | Dans 1        |
| 4.00 - 5.00 PM      | Strength sports for staff | Fitness       |
| 5.00 - 5.55 PM      | Yoga                      | Dans 2        |
| 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        |
| Friday              | Lesson                    | Facilities    |
| 8.30 - 9.25 AM      | Yoga                      | Dans 2        |
| 9.30 - 10.25 AM     | Pilates                   | Dans 2        |
| 9.45 - 10.45 AM     | Yoga                      | Parnassos     |
| 10.00 - 10.55 AM    | Supershapes               | Dans 1        |
| 10.45 - 11:45 AM    | Yin Yoga                  | Parnassos     |
| 4.45 - 5.40 PM      | Yoga                      | Dans 2        |
| 5.30 - 6.25 PM      | Spinning                  | Spinning      |
| 5.50 - 7.00 PM      | Powerpump                 | Dans 1        |
| 6.00 - 6.55 PM      | KickBag                   | MB-zaal       |
| Saturday            | Lesson                    | Facilities    |
| 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&shape basic          | Dans 1        |
| Sunday              | Lesson                    | Facilities    |
| 9.00 - 9.55 AM      | Yoga                      | Dans 2        |
| 9.30 - 10.35 AM     | Powerpump                 | Dans 1        |
| 10.15 - 11.10 AM    | Intensity                 | MB-zaal       |
| 10.35 - 11.30 AM    | Dance                     | Dans 1        |
| 11.35 AM - 12.30 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](http://www.olympos.nl/newsletter)

**Sportcentrum**  
**Olympos**

info@olympos.nl  
www.olympos.nl