

Schedule group lessons (valid from 3 November 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	Functional training	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 - 7.10 PM	Step&shape advanced	Dans 1
6.30 - 7.25 PM	Spinning	Spinning
7.00 - 7.55 PM	BRN®	Dans 2
7.15 - 8.10 PM	Zumba	Dans 1
8.15 - 8.55 PM	Booty core	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
11.15 AM - 12.10 PM	Yoga for seniors	Dans 2
12.30 - 1.25 PM	Mindful walking	Outdoor
2.00 - 3.00 PM	Pilates	Parnassos
3.00 - 4.00 PM	Yoga	Parnassos
4.25 - 5.20 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	Functional training	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
9.00 - 9.55 AM	Mindful walking	Outdoor
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	Functional training	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	Functional training	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