

Christmas schedule group Lessons

Valid from 22 December 2025 to 4 January 2026

You can participate in these group Lessons if you have an OlymPas or OlymPas 3-day pass.

Monday 22 December	Lesson	Facility
4.00 - 5.00 PM	Pilates	Dans 2
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 - 7.30 PM	Hyrox XL	Kratistos
6.30 - 7.25 PM	KickBag	MB-zaal
7.15 - 8.10 PM	BRN®	Dans 1

Tuesday 23 December	Lesson	Facility
8.30 - 9.25 AM	Yoga	Dans 2
9.30 - 10.25 AM	Pilates	Dans 2
9.00 - 10.10 AM	Powerpump	Dans 1
4.50 - 6.00 PM	Powerpump	Dans 1
5.00 - 6.00 PM	Cross challenge	Kratistos
6.00 - 6.55 PM	Barre workout	Dans 2
6.00 - 7.10 PM	Step&shape advanced	Dans 1
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 24 December	Lesson	Facility
09.15 - 10.10 AM	Core balance	Dans 2
10.00 - 11.10 AM	Powerpump	Dans 1
10.15 - 11.10 AM	Yoga	Dans 2
11.00 AM - 12.30 PM	Hyrox XL	Kratistos
11.15 AM - 12.10 PM	Yoga for seniors	Dans 2

Merry Christmas

Saturday 27 December	Lesson	Facility
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 28 December	Lesson	Facility
9.30 - 10.35 AM	Powerpump	Dans 1
10.35 - 11.30 AM	Dance	Dans 1
11.30 AM - 12.30 PM	Hyrox	Kratistos
11.35 AM - 12.30 PM	Step&shape medium	Dans 1

Monday 29 December	Lesson	Facility
4.00 - 5.00 PM	Pilates	Dans 2
5.00 - 5.55 PM	Yoga	Dans 2
5.30 - 6.25 PM	Functional training	MB-zaal
5.30 - 6.25 PM	Spinning	Spinning
6.00 - 7.30 PM	Hyrox XL	Kratistos
6.30 - 7.25 PM	KickBag	MB-zaal
7.15 - 8.10 PM	BRN®	Dans 1

Tuesday 30 December	Lesson	Facility
8.30 - 9.25 AM	Yoga	Dans 2
9.30 - 10.25 AM	Pilates	Dans 2
9.00 - 10.10 AM	Powerpump	Dans 1
4.50 - 6.00 PM	Powerpump	Dans 1
5.00 - 6.00 PM	Cross challenge	Kratistos
6.00 - 7.10 PM	Step & shape advanced	Dans 1
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 31 December	Lesson	Facility
10.00 - 11.10 AM	Powerpump	Dans 1

Happy New Year

Saturday 3 January	Lesson	Facility
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 4 January	Lesson	Facility
9.00 - 9.55 AM	Yoga	Dans 1
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
11.30 AM - 12.30 PM	Hyrox	Kratistos
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

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