

# Schedule group lessons (valid from 1 February 2024)

Monday	Lesson	Facilities
9.45 - 10.45 AM	Pilates	Parnassos
11.00 AM - 12.00 PM	Yin yoga	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	Strong Nation™	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	Outdoor
7.45 - 9.30 PM	Boxing / kick boxing	MB-zaal
8.15 - 9.10 PM	Pole Fitness@ beg./semi-adv.	Spinning
Tuesday	Lesson	Facilities
8.30 - 9.25 AM	Yoga	Dans 2
9.30 - 10.25 AM	Pilates	Dans 2
3.45 - 4.40 PM	Step-booty-core	Dans 1
3.45 - 4.45 PM	Yoga	Parnassos
4.30 - 5.55 PM	Ashtanga yoga basic	Dans 2
4.50 - 6.00 PM	Powerpump	Dans 1
5.00 - 6.00 PM	Bootcamp for staff	Calisthenics rack
5.30 - 6.25 PM	KickBag	MB-zaal
6.00 - 7.25 PM	Step&shape XL advanced	Dans 1
6.30 - 7.25 PM	Spinning	Spinning
7.00 - 7.55 PM	Barre workout	Dans 2
7.30 - 8.25 PM	Zumba	Dans 1
8.45 - 10.10 PM	MMA Building Blocks	MB-zaal
Wednesday	Lesson	Facilities
8.45 - 9.40 AM	Supershapes	Dans 1
9.15 - 10.10 AM	Core balance	Dans 2
9.45 - 10.55 AM	Powerpump	Dans 1
10.15 - 11.10 AM	Yoga	Dans 2
2.30 - 3.30 PM	Dance-booty-core	Parnassos
3.30 - 4.25 PM	Pilates gymball workout	Dans 2
3.30 - 4.30 PM	Yoga	Parnassos
4.15 - 5.10 PM	Spinning	Spinning
4.30 - 5.25 PM	Yogalates	Dans 2

Wednesday	Lesson	Facilities
5.30 - 6.25 PM	Bodyfit 40+	Dans 2
5.30 - 6.25 PM	Intensity	MB-zaal
5.30 - 6.30 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 Fitness@ beg./semi-adv.	Spinning
8.30 - 9.25 PM	Zumba	MB-zaal
Thursday	Lesson	Facilities
8.00 - 8.45 AM	Pilates for staff	Dans 2
8.30 - 9.45 AM	Booty&core XL	Dans 1
8.50 - 9.45 AM	Yogalates	Dans 2
12.30 - 13.15 PM	Bootcamp for staff	Bootcamp square
1.30 - 2.30 PM	Pilates	Parnassos
2.45 - 3.45 PM	Yoga	Parnassos
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
10.00 - 10.55 AM	Supershapes	Dans 1
4.45 - 5.40 PM	Yoga	Dans 2
5.00 - 5.55 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-booty-core	Dans 1
Sunday	Lesson	Facilities
9.30 - 10.35 AM	Powerpump	Dans 1
10.00 - 10.55 AM	Intensity	MB-zaal
10.40 - 11.35 AM	Dance	Dans 1
11.40 AM - 12.35 PM	Step&shape medium	Dans 1
12.00 - 12.55 PM	Yoga	Dans 2

## Book a lesson

You can book a spot online from 7.30 AM two days prior to the scheduled lesson. Bookings close half an hour 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

In order to provide a safe environment it is important that everyone observes the rules of use. Make sure that you take note of all the regulations before you come to Olympos.

[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)

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