

Event Locations

Monday 17 March 2025

Location

08:00	Personal Training.....	SSC Gym
08:00	Synrgy HIIT.....	SSC Gym
09:30 & 13:30	Speedcoach Sessions.....	Online
10:00	Workshop "Work Happiness".....	Metaforum 1.092
11:00	Power Yoga.....	SSC Studio 2
12:00	Mindful Walking.....	Markethall Metaforum
12:00	Historic Campus Walk.....	Markethall Metaforum
12:00	Squash Clinic.....	SSC Squash Courts
12:15	Breathing Session.....	Metaforum 10
13:00	Workshop "Dare to Say No!".....	Atlas 11.201
14:00	Workshop "Stress Management".....	Metaforum 1.092
16:00	BBB (legs-butt-belly).....	SSC Studio 1
17:30	Bystander Intervention Training.....	Vertigo 5.07
17:30	Golf Clinic.....	Golf Centre Eindhoven
18:30	Fit Check.....	SSC Gym

Tuesday 18 March 2025

08:00	Personal Training.....	SSC Gym
08:00	Synrgy HIIT.....	SSC Gym
08:00	Pilates.....	SSC Studio 2
08:30	Health Check.....	SSC Hall 2
09:00	Reading "Menopause".....	Metaforum 1.092
09:30 & 13:30	Speedcoach Sessions.....	Online
10:30	Workshop "Burnout Prevention".....	Zwarte Doos 1.04
12:00	Historic Campus Walk.....	Markethall Metaforum
12:30	Unlocking the Power of Neurodiversity at Work.....	Atlas 4.215
16:30	Our Neurospicyness.....	Vertigo 5.07
17:00	Workshop "Complaints Arm, Neck & Shoulder".....	Atlas 1.652
17:30	Golf Clinic.....	Golf Centre Eindhoven
18:00	Core Class.....	SSC Studio 2
19:00	Workshop "I'm Fine".....	Metaforum 10



Wednesday 19 March 2025

Location

08:00	Personal Training	SSC Gym
08:00	Power Yoga.....	SSC Studio 2
08:00	Synrgy HIIT.....	SSC Gym
09:30 & 13:30	Speedcoach Sessions.....	Online
12:30	Cycling	SSC Cycling Studio
12:40	Lezing "Kunstenaars kunnen alles maken"	
		Blauwe Zaal Auditorium
17:30	Golf Clinic	Golf Centre Eindhoven

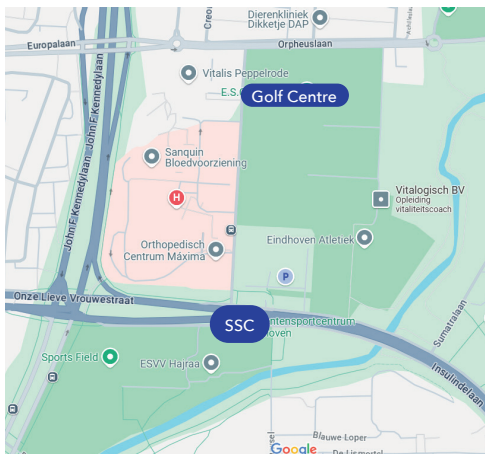
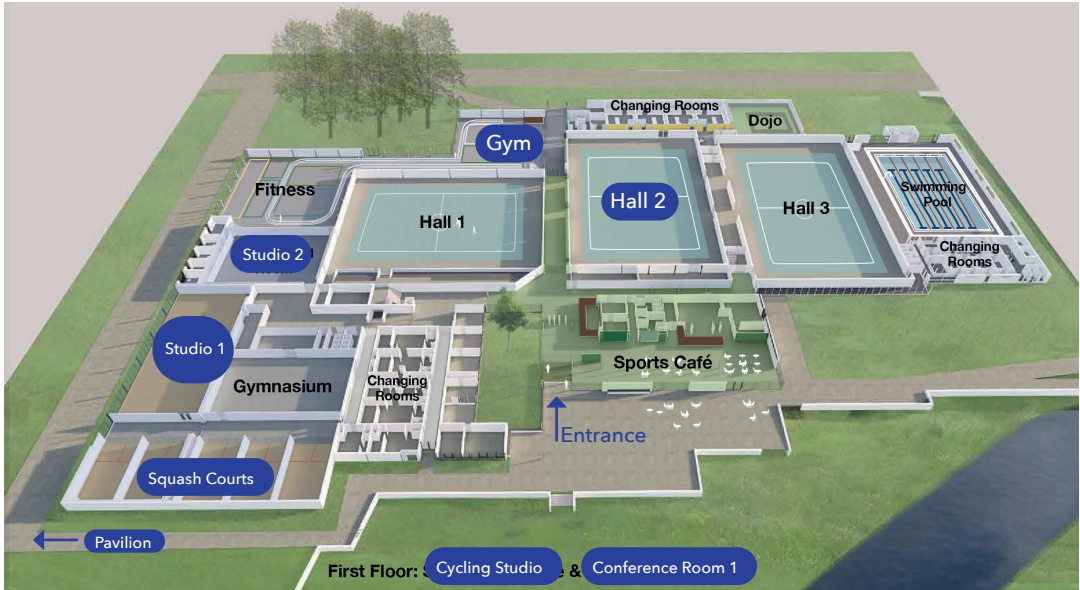
Thursday 20 March 2025

08:00	Personal Training	SSC Gym
08:00	Synrgy HIIT	SSC Gym
11:15 & 13:30	Speedcoach Sessions	Online
12:00	Historic Campus Walk	Markethall Metaforum
12:00	Gym Explained	SSC Gym
12:00	Mindful Walking	Markethall Metaforum
12:00	Writing Workshop on Wellbeing	
		SSC Conference Room 1
12:00	Reading "Connection Nutrition & Cancer" ..	Atlas 6.625
12:15	Breathing Session.....	Metaforum 10
16:00	Power of Daylight	SSC Pavilion
17:00	Stretch Class	SSC Studio 2
18:00	Zumba	SSC Studio 1
19:00	Squash Clinic.....	SSC Squash Courts



MOVE

Map SSC



Student Sports Centre Eindhoven
Onze Lieve Vrouwestraat 1
5612 AW Eindhoven

Golf Centre Eindhoven
J C Dirkxpad
5631 BZ Eindhoven

ENERGIZE

Map TU/e



JOIN!