

JOIN THE FIT BREAK CLUB

Location: Online, MS Teams

Price: FREE

Day & time: Monday | 15hoo
Tuesday & Friday | 11hoo



**NEED A BREAK WHILE WORKING OR STUDYING?
GET NEW FRESH ENERGY BY JOINING OUR ONLINE FIT BREAKS!**

Never again forget your daily active breaks during study or work with our Fit Breaks! In an online meeting of 15 minutes you take the break you need, you get (stretching) exercises from a professional instructor and you can exercise with others via MS Teams! You do not need sportswear.

REGISTRATION

For more information or signing up send an email to Yvonne de Kinkelder → y.c.h.d.kinkelder@tue.nl.