




vitality week

6 - 10 March 2023

MONDAY 6 March

8:00 - 8:30	Synrgy HIIT	
11:00 - 11:45	Aqua HIT	
12:30 - 16:30	Stress Recognition (<i>managers only</i>)	
13:30 - 16:15	Speedcoach Sessions by Euflex	 
13:30 - 16:30	Time Management	
15:00 - 15:15	Fit Break Club on Tour	
16:00 - 17:00	CANS Workshop	
19:00 - 21:00	Plan(t) Your Future	

WEDNESDAY 8 March

8:00 - 8:30	Synrgy HIIT	
9:30 - 12:00	Workplace Vitality Hub Tour	
9:30 - 12:15	Speedcoach Sessions by Euflex	 
12:00 - 13:00	Fitness Introduction Class	
12:40 - 13:30	Mental Health Seminar	
15:00 - 16:30	Workshop 'Balance'	
16:30 - 17:20	Yin Yoga	
18:00 - 19:30	Workshop 'Etiket lezen voor beginners'	





TUESDAY 7 March

8:30 - 12:00	Health Check	
7:45 - 8:45	Pilates	
9:30 - 12:15	Speedcoach Sessions by Euflex	 
11:00 - 11:15	Fit Break Club on Tour	
12:00 - 13:00	Take a stroll through TU/e history	
12:00 - 13:00	Meditation Yoga	
12:30 - 14:30	A LOT of Lunch	
12:40 - 13:20	Mindfulness Break - Enter the Now	
13:00 - 16:00	Health Check	
13:30 - 16:15	Speedcoach Sessions by Euflex	 
13:30 - 16:30	Time Management	

THURSDAY 9 March



8:30 - 11:30	Health Check (<i>with sports doctor</i>)	
9:30 - 12:15	Speedcoach Sessions by Euflex	 
11:00 - 11:55	Krav Maga / Self Defence	
12:15 - 13:00	Healthy Food <i>The air we breath should be part of it</i>	
12:30 - 13:30	Just Dance @ Atlas Floor O (South)	
12:30 - 16:00	Health Check (<i>with sports doctor</i>)	
13:30 - 15:15	Workshop 'Bad Habits'	
13:30 - 16:15	Speedcoach Sessions by Euflex	 
18:00 - 18:50	Zumba	
20:00 - 22:00	The Power of Choice	

LEGENDA

 = Employees only	 = Online
 = Students only	 = Dutch only

Chair Massages at your department?
Book via vitalityweek@tue.nl (FULL = FULL)

FRIDAY 10 March

9:30 - 12:00	Workplace Vitality Hub Tour	
11:00 - 11:15	Fit Break Club on Tour	
11:00 - 11:45	Cross Swim	
11:00 - 11:50	BBB	
12:00 - 13:00	Wandel door een stukje TU/e historie	
12:00 - 13:00	Workshop 'Self-empowering'	