## SSC Winter Schedule

**16 - 22 Dec 2019: Van Lint Sports Week**

<table>
<thead>
<tr>
<th>Mon 16 Dec</th>
<th>Thu 19 Dec</th>
<th>Fri 20 Dec</th>
<th>Sat 21 Dec</th>
<th>Sun 22 Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td>8h00 Synrgy HIIT</td>
<td>7h45 PiYo</td>
<td>8h00 Synrgy HIIT</td>
<td>10h30 Power Yoga</td>
<td>9h30 Aqua HIT</td>
</tr>
<tr>
<td>12h00 Tai'Chi</td>
<td>8h00 Synrgy HIIT</td>
<td>9h00 Body Pump</td>
<td>10h30 Power Yoga</td>
<td><em>Tennis-/Hockey Pavilion at Tennis courts</em></td>
</tr>
<tr>
<td>12h15 Power Yoga</td>
<td>12h15 Power Yoga</td>
<td>12h15 BBB</td>
<td><strong>Open Swimming hours</strong></td>
<td>Swimming pool</td>
</tr>
<tr>
<td>12h15 Body Pump</td>
<td>12h15 Body Pump</td>
<td>12h10 Core Class</td>
<td><strong>Open Swimming hours</strong></td>
<td></td>
</tr>
<tr>
<td>12h30 Spinning</td>
<td>12h30 Spinning</td>
<td>12h10 Core Class</td>
<td><strong>Open Swimming hours</strong></td>
<td>Dojo</td>
</tr>
<tr>
<td>12h45 Circuit training</td>
<td>12h45 Circuit training</td>
<td>14h00 Synrgy HIIT</td>
<td><strong>Open Swimming hours</strong></td>
<td>Hall 2</td>
</tr>
<tr>
<td>16h00 BBB</td>
<td>16h00 BBB</td>
<td>14h00 BBB</td>
<td><strong>Open Swimming hours</strong></td>
<td>Hall 2</td>
</tr>
<tr>
<td>16h00 Cardio Core</td>
<td>16h00 Cardio Core</td>
<td>16h00 Cardo Core</td>
<td><strong>Open Swimming hours</strong></td>
<td>Hall 2</td>
</tr>
<tr>
<td>17h30 Zumba</td>
<td>17h30 Zumba</td>
<td>16h00 Body Shape Mix</td>
<td><strong>Open Swimming hours</strong></td>
<td>Gymnasium</td>
</tr>
<tr>
<td>18h30 Core Class</td>
<td>18h00 Stretch Class</td>
<td>14h00 Synrgy HIIT</td>
<td><strong>Open Swimming hours</strong></td>
<td></td>
</tr>
<tr>
<td>19h30 Fuse</td>
<td>19h00 Core Class</td>
<td>14h00 Acro Yoga</td>
<td><strong>Open Swimming hours</strong></td>
<td></td>
</tr>
<tr>
<td>19h30 Fuse</td>
<td>19h30 Fuse</td>
<td>18h30 Zumba</td>
<td><strong>Open Swimming hours</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Open Swimming hours**

- **Mon:** 7h30-08h30 | 12h00-13h30
- **Tue, Wed & Thu:** 12h00-13h30
- **Fri:** 7h30-08h30 | 12h00-13h30 | 16h30-18h00
- **Sat:** 13h15-15h00
- **Sun:** 10h30-12h00

---

**Notes:**

- Employees only for Body Shape Mix on Fri 20 Dec
- SSC Sports café is closed at 16h30 on Fri 20 Dec

---

**Pavilion**: Pavilion at Tennis courts

---
Mon 23 - 25 Dec
Closed

**WINTER SPECIAL XL**
For students/employees of TU/e, Fontys and Design Academy. No sports card needed!
During the Winter Special the SSC is only open for Winter Special related activities, all other facilities (fitness, squash e.g.) will be closed.

Thu 26 Dec
15h00-21h00: Sauna open without registration
15h00-16h00: Cardio Core
16h00-17h00: Pilates
15h00-17h00: Badminton, Basketball, Soccer games
18h00-23h00: Syrian dinner with live music in the SSC Sports Café
*For the dinner please sign up via the Facebook event. Total costs €8 incl. food & drinks.*

Fri 27 Dec
19h00-23h00: On Friday there will be a Salsa Dancing Evening at Hubble Community Café
The SSC is closed this day.

Sat 28 Dec
16h00-20h00: Sauna open without registration.
16h00-18h00: Fun games such as ultimate frisbee and dodge ball
16h00-17h00: Zumba
16h00-17h00: Cardio Core
17h00-18h00: Pilates
19h00-21h00: Potluck dinner with free drinks
21h00-23h00: Scavenger hunt in SSC
23h00-09h00: Sleepover + movie night, bring your own pillow and blanket/sleeping bag.

Sun 29 Dec
A morning at the Sports Centre with yoga and luxurious brunch.
09h00-10h00: Wake up with coffee and cake
10h00-11h00: Morning yoga with Lara
11h00-12h00: Luxurious brunch.
*For brunch please sign up via the Facebook event. Total costs €5.*
19h00-23h30: On Sunday evening the members of Cosmos and Scala will entertain you with an interactive pub quiz at the Hubble Community Café.

Mon 30 Dec
17h00-19h00: Sauna will be open without registration.
17h00-18h00: Cardio Core
18h00-19h00: Pilates
17h00-19h00: Badminton, Basketball, Soccer games
Potluck and movie at Hubble Community Café
19h00-21h00: Potluck, bring your own dish
21h00-23h00: Movie time
More information and registration via the FB event ‘Winter Special XL 2019’. For questions: l.hofstra@tue.nl

Tue 31 Dec & Wed 1 Jan
Closed

Thu 2 Jan & Fri 3 Jan
Open: 7h30-23h00
Regular Open Swimming Hours
No classes

Sat 4 Jan & Sun 5 Jan
Regular Opening hours
Regular Open Swimming Hours
Regular classes