

SPORTSMIX 2025-2026 - 2nd SEMESTER (09/02-22/05/2025)					
MONDAY					
hour	activity	location	hall	type	instructor/club
17.00 - 19.00 u	VOLLEYBALL	Elsene (VUB Sportcomplex)	L456 VUB Sportcomplex	begeleid	Britt Lepage + Hugo Bogaerts
17.00 - 18.00 u	DANCE MIX	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	begeleid	Laurie Kiandanda Obiango
17.00 - 18.00 u	ON TO THE 20KM WITH RUNBUDDY NATHAN	Elsene (VUB Sportcomplex)	Inkomhal VUB Sportcomplex	begeleid	Nathan Scarcelli
17.00 - 19.00 u	BASKETBALL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Hassib Ramza + Soulayman Azibou
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Hassib Ramza + Soulayman Azibou
18.00 - 19.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	begeleid	KASIA/ALICE
18.00 - 19.00 u	BODYMIX	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	begeleid	Margo Van Der Ougstraete
19.00 - 21.00 u	KINBAL*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	clubsport	Kinball
19.00 - 20.30 u	KICKBOXING*	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	clubsport	Brussels Technical Boxing
19.30 - 22.00 u	GAELIC FOOTBALL*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	clubsport	Brussels Gaelic Association
19.30 - 22.00 u	HURLING*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	clubsport	Brussels Gaelic Association
21.00 - 22.00 u	SWIMMING	Elsene (VUB Sportcomplex)	Zwembad VUB Sportcomplex	begeleid	Aximundi (Dieter Segers)
TUESDAY					
hour	activity	location	hall	type	instructor/club
12.00 - 13.00 u	FUTSAL LEAGUE STAFF	Elsene (VUB Sportcomplex)	L456 VUB Sportcomplex	competitie	competitie
16.00 - 17.00 u	FUTSAL LEAGUE STUDENTS	Elsene (VUB Sportcomplex)	L456 VUB Sportcomplex	competitie	competitie
16.30 - 18.00 u	SOCCER	Elsene (VUB Sportcomplex)	Voetbalveld VUB Sportcomplex	begeleid	Sevban Sahin + Andrei Joroveanu
17.00 - 18.00 u	START TO RUN WITH RUNBUDDY BRITT	Elsene (VUB Sportcomplex)	Inkomhal VUB Sportcomplex	begeleid	Britt Claeys
17.00 - 19.00 u	BASKETBALL	Elsene (VUB Sportcomplex)	L45 VUB Sportcomplex	begeleid	Steven Travis Makengo + Badi Gagyi
17.00 - 19.00 u	BADMINTON	Elsene (VUB Sportcomplex)	L123 VUB Sportcomplex	begeleid	Tuur Bruneel + Gabriel Gulunay
17.30 - 18.30 u	YOGA	Brussel (EHB, MABO)	Sportzaal MABO	begeleid	Nora Vierstraete
17.30 - 18.30 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	begeleid	FRED/MELINDA
18.00 - 19.00 u	YOGA	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	begeleid	Lima Mady Van Den Steen
19.00 - 20.00 u	CONDITIONING GYM*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	clubsport	Friskis & Svettis
19.00 - 21.00 u	FLOORBALL*	Elsene (VUB Sportcomplex)	L4 VUB Sportcomplex	clubsport	Bandy International
19.00 - 20.30 u	RUGBY LADIES*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	clubsport	Celtic Rugby Club
19.00 - 20.30 u	ENGLISH BOXING*	Elsene (VUB Sportcomplex)	Bokszaal VUB Sportcomplex	clubsport	VUB Boxing Club
20.00 - 22.00 u	BRAZILIAN JIU JITSU*	Elsene (VUB Sportcomplex)	Judozaal VUB Sportcomplex	clubsport	Jan De Groote
WEDNESDAY					
hour	activity	location	hall	type	instructor/club
13.00 - 14.00 u	AIKIDO	Elsene (VUB Sportcomplex)	Judozaal VUB Sportcomplex	begeleid	Niels De Nutte
17.00 - 18.00 u	ON TO THE 20KM WITH RUNBUDDY NATHAN	Elsene (VUB Sportcomplex)	Inkomhal VUB Sportcomplex	begeleid	Nathan Scarcelli
17.00 - 19.00 u	VOLLEYBALL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Hassib Ramza + Soulayman Azibou
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Hassib Ramza + Soulayman Azibou
17.00 - 19.00 u	VOLLEYBALL	Elsene (VUB Sportcomplex)	L456 VUB Sportcomplex	begeleid	Britt Lepage + Hugo Bogaerts
18.00 - 20.00 u	KRAV MAGA*	Elsene (VUB Sportcomplex)	Judozaal VUB Sportcomplex	clubsport	K-Rixe
18.00 - 20.00 u	KARATE*	Elsene (VUB Sportcomplex)	L1 VUB Sportcomplex	clubsport	Sawada Academy
18.30 - 20.00 u	ATHLETICS*	Elsene (VUB Sportcomplex)	Atletiekpiste VUB Sportcomplex	clubsport	BAV
19.00 - 20.00 u	CONDITION GYM*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	clubsport	Friskis & Svettis
19.00 - 20.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	begeleid	Fabienne Kabeya
19.00 - 20.00 u	SPIKE BALL*	Elsene (VUB Sportcomplex)	L45 VUB Sportcomplex	clubsport	Brussels Foxes Roundnet Club (BFRC)
19.00 - 20.30 u	KICKBOXING*	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	clubsport	Brussels Technical Boxing
19.00 - 21.00 u	KENDO*	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	clubsport	Wakakoma
20.00 - 21.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	begeleid	Fabienne Kabeya
20.00 - 22.00 u	RUGBY MEN*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	clubsport	Celtic Rugby Club
20.30 - 21.30 u	ENGLISH BOXING LADIES NIGHT*	Elsene (VUB Sportcomplex)	Bokszaal VUB Sportcomplex	clubsport	VUB Boxing Club
THURSDAY					
hour	activity	location	hall	type	instructor/club
12.00 - 13.00 u	FUTSAL LEAGUE STAFF	Elsene (VUB Sportcomplex)	L456 VUB Sportcomplex	competitie	competitie
16.00 - 17.00 u	FUTSAL LEAGUE STUDENTS	Elsene (VUB Sportcomplex)	L456 VUB Sportcomplex	competitie	competitie
17.00 - 19.00 u	BASKETBAL 3X3 LEAGUE	Elsene (VUB Sportcomplex)	L5 VUB Sportcomplex	competitie	competitie
16.00 - 18.00 u	RUGBY MIXED (VUB FOXES)	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	begeleid	Nelson Hottart
17.00 - 19.00 u	FUTSAL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Hassib Ramza + Soulayman Azibou
17.00 - 18.00 u	START TO RUN WITH RUNBUDDY BRITT	Elsene (VUB Sportcomplex)	Inkomhal VUB Sportcomplex	begeleid	Britt Claeys
17.00 - 19.00 u	BASKETBALL	Elsene (VUB Sportcomplex)	L4 VUB Sportcomplex	begeleid	Steven Travis Makengo + Badi Gagyi
17.00 - 19.00 u	BADMINTON	Elsene (VUB Sportcomplex)	L123 VUB Sportcomplex	begeleid	Tuur Bruneel + Gabriel Gulunay
18.00 - 19.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	begeleid	Joanna/Melinda
18.00 - 20.00 u	JUDO*	Elsene (VUB Sportcomplex)	Judozaal VUB Sportcomplex	clubsport	Nica Antonis

18.00 - 20.00 u	SWORD FIGHTING	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	begeleid	Karin Verelst
18.00 - 20.00 u	KRAV MAGA*	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	clubsport	Nicolas Devroe
19.00 - 20.00 u	CONDITION GYM*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	clubsport	Friskis & Svettis
20.00 - 22.00 u	TAEKWONDO	Elsene (VUB Sportcomplex)	Judozaal VUB Sportcomplex	begeleid	Evangelia Saltouridou
19.00 - 20.30 u	FRENCH BOXING*	Elsene (VUB Sportcomplex)	Bokszaal VUB Sportcomplex	clubsport	Daniel Liseune (Les Gaulois)
19.30 - 22.00 u	GAELIC FOOTBALL*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	clubsport	Brussels Gaelic Association
19.30 - 22.00 u	HURLING*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	clubsport	Brussels Gaelic Association
20.30 - 22.00 u	THAI KICKBOXING	Elsene (VUB Sportcomplex)	Bokszaal VUB Sportcomplex	begeleid	Kamil
21.00 - 22.00 u	SWIMMING	Elsene (VUB Sportcomplex)	Zwembad VUB Sportcomplex	begeleid	Rarytassia

FRIDAY					
hour	activity	location	hall	type	instructor/club
12.00 - 13.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	begeleid	Flore Belin & Petra Kurtovic
19.00 - 20.30 u	ENGLISH BOXING*	Elsene (VUB Sportcomplex)	Bokszaal VUB Sportcomplex	clubsport	VUB Boxing Club
18.30 - 20.00 u	ATHLETICS*	Elsene (VUB Sportcomplex)	Atletiekpiste VUB Sportcomplex	clubsport	BAV

* In collaboration with a club, only accessible to students (and sometimes staff) under specific conditions per sport

BLACK	VUB Campus Ixelles/Etterbeek	VUB Sports Complex (Building L)
BLUE	VUB Campus Jette	Sports Complex (Basic Fit)
RED	EHB Campus Brussels	Brussel (EHB, MABO)

RESERVATIONS PER PARTICIPATION VIA THE VUB SPORT APP + SPORT CARD WITH PUNCH (OR STICKER FOR EHB STUDENTS) REQUIRED

<https://www.vub.be/nl/dienstverlening-op-de-vub-campus-etterbeek-en-jette/sporten-aan-de-vub>

SCAN ME TO VIEW DETAILS

