

SPORTMIX 2025-2026 - 1ste SEMESTER (22/9-19/12/2025)

MAANDAG					
UUR	ACTIVITEIT	LOCATIE	ZAAL	TYPE	LESGEVER/CLUB
17.00 - 19.00 u	VOLLEYBAL	Elsene (VUB Sportcomplex)	L456	begeleid	Britt Lepage
17.00 - 19.00 u	TANGO	Elsene (VUB Sportcomplex)	L1	begeleid	Mariana Orozco
17.00-18.00 u	DANCE MIX	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	begeleid	Laurie Kiandanda Obiang
17.00 - 19.00 u	BASKETBAL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Younes El Idrissi + Hassib Ramza
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Younes El Idrissi + Hassib Ramza
18.00 - 19.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	begeleid	KASIA/ALICE
18.00 - 19.00 u	BODYMIX	Elsene (VUB Sportcomplex)	L6	begeleid	Margo Van Der Ougstraete
19.00 - 21.00 u	KINBALL*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	clubsport	Kinball
19.00 - 20.30 u	KICKBOKSEN*	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	ZWEMMEN	Elsene (VUB Sportcomplex)	VUB Sportcomplex	begeleid	Aximundi (Dieter Segers)
DINSDAG					
UUR	ACTIVITEIT		ZAAL/LOCATIE	TYPE	LESGEVER/CLUB
12.00 - 13.00 u	FUTSALLEAGUE STAFF	Elsene (VUB Sportcomplex)	L456	competitie	competitie
16.00 - 17.00 u	FUTSAL LEAGUE STUDENTS	Elsene (VUB Sportcomplex)	L456	competitie	competitie
16.30 - 18.00 u	VOETBAL	Elsene (VUB Sportcomplex)	Voetbalveld VUB Sportcomplex	begeleid	Sevban Sahin + Andrei Joroveanu
17.00 - 19.00 u	BASKETBAL	Elsene (VUB Sportcomplex)	L45	begeleid	Steven Travis Makengo + Badi Gagyi
17.00 - 19.00 u	BADMINTON	Elsene (VUB Sportcomplex)	L123 VUB Sportcomplex	begeleid	Tuur Bruneel/Gabriel Gulunay
17.00 - 19.00 u	FUTSALLEAGUE	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Younes El Idrissi + Hassib Ramza
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
19.00 - 20.00 u	CONDITIEGYM*	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
20.00-22.00 u	BRAZILIAN JIU JITSU	Elsene (VUB Sportcomplex)	Judozaal	clubsport	Jan De Groote
WOENSDAG					
UUR	ACTIVITEIT		ZAAL/LOCATIE	TYPE	LESGEVER/CLUB
13-14u	AIKIDO	Elsene (VUB Sportcomplex)	Judozaal	begeleid	Niels De Nutte
17.00 - 19.00 u	VOLLEYBAL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Younes El Idrissi + Hassib Ramza
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Younes El Idrissi + Hassib Ramza
17.00 - 19.00 u	VOLLEYBAL	Elsene (VUB Sportcomplex)	L456 VUB Sportcomplex	begeleid	Britt Lepage + ?
18.00 - 20.00 u	KRAV MAG	Elsene (VUB Sportcomplex)	judozaal	clubsport	Nicolas Devroe
18.00 - 20.00 u	KARATE*	Elsene (VUB Sportcomplex)	L1 VUB Sportcomplex	clubsport	Sawada Academy
18.30 - 20.00 u	ATLETIEK*	Elsene (VUB Sportcomplex)	piste VUB Sportcomplex	clubsport	BAV
19.00 - 20.00 u	CONDITIEGYM*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	clubsport	Friskis & Svettis
19.00 - 20.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	begeleid	Zoe Reuter
19.00 - 20.30 u	KICKBOKSEN*	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	Zoe Reuter
20.00 - 22.00 u	RUGBY MEN*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	clubsport	Celtic Rugby Club
DONDERDAG					
UUR	ACTIVITEIT		ZAAL/LOCATIE	TYPE	LESGEVER/CLUB
12.00 - 13.00 u	FUTSAL LEAGUE STAFF	Elsene (VUB Sportcomplex)	L456	competitie	competitie
16.00 - 17.00 u	FUTSAL LEAGUE STUDENTS	Elsene (VUB Sportcomplex)	L456	competitie	competitie
16.00 - 18.00 u	RUGBY MIXED (VUB FOXES)	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	begeleid	Nelson Hotart
17.00 - 19.00 u	FUTSAL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	begeleid	Younes El Idrissi + Hassib Ramza
17.00 - 19.00 u	BASKETBAL	Elsene (VUB Sportcomplex)	L45	sportmix begeleid	Steven Travis Makengo + Badi Gagyi
17.00 - 19.00 u	BADMINTON	Elsene (VUB Sportcomplex)	L12 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)	VEC Judozaal	clubsport	Nica Antonis
18.00 - 20.00 u	ZWAARDVECHTEN	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	CONDITIEGYM*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	clubsport	Friskis & Svettis
20.00-22.00u	TAEKWONDO	Elsene (VUB Sportcomplex)	VEC judozaal	begeleid	Evangelia Saltouridou
19.30-21u00	FRANS BOKSEN	Elsene (VUB Sportcomplex)	Bokszaal	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
21.00 - 22.00 u	ZWEMMEN	Elsene (VUB Sportcomplex)	Zwembad VUB	begeleid	Rarytassia