

SPORTMIX 2022 - 2023

Overview 1st semester (26/9 - 23/12 2022)

MONDAY

BADMINTON	5 - 7 pm	Etterbeek L
BASKETBALL	5 - 7 pm	Etterbeek L
BOXING	7 - 9 pm	Etterbeek L
GAELIC FOOTBALL*	7.30 - 10 pm	Etterbeek L
KICKBOXING*	7 - 8.30 pm	Jette L
OMNISPORT	5 - 7 pm	Jette L
MINDFULNESS	5 - 6 pm	O
YOGA (HATHA)	6 - 7 pm	Mabo Brussel L + O
SWIMMING	9- 10 pm	Etterbeek L

L= Live lessons O= Online lessons * = Clubsport

TUESDAY

BADMINTON	noon - 1 pm	Etterbeek L
CONDITIONGYM*	7 - 8 pm	Etterbeek L
DANCE MIX	7 - 8 pm	Etterbeek L
FLOORBALL*	7 - 9 pm	Etterbeek L
UNDERWATERHOCKEY*	9 - 10 pm	Etterbeek L
TABLE TENNIS	noon - 1 pm	Etterbeek L
SOCCER	4.30 - 6 pm	Etterbeek L
VOLLEYBALL	5 - 7 pm	Etterbeek L
YOGA	6 - 7 pm	Jette L

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WEDNESDAY

ATHLETICS*	6.30 - 8 pm	Etterbeek L
BASKETBALL	6 - 7 pm	Etterbeek L
CONDITIONGYM*	7 - 8 pm	Etterbeek L
KARATE*	6 - 8 pm	Etterbeek L
KENDO*	7 - 9 pm	Etterbeek L
KICKBOXING*	7 - 8.30 pm	Jette L
KINBALL*	6 - 8 pm	Etterbeek L
OMNISPORT	5 - 7 pm	Jette L
RUGBY*	8 - 10 pm	Etterbeek L
YOGA (HATHA)	noon - 1 pm	KCB L + O
YOGA	7 - 8 pm	Etterbeek L
SWORD FIGHTING	6 - 8 pm	Etterbeek L

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THURSDAY

BADMINTON	5 - 7 pm	Etterbeek L
CONDITIONGYM*	7 - 8 pm	Etterbeek L
HURLING*	7.30 - 10 pm	Etterbeek L
OMNISPORT	5 - 7 pm	Jette L
PARKOUR	6 - 8 pm	Etterbeek L
RUGBY 7'S MIXED	4 - 6 pm	Etterbeek L
VOLLEYBALL	5 - 7 pm	Etterbeek L
YOGA (Hatha & Pranayama)	6 - 7 pm	EHB Kaai L + O
YOGA (Yin)	7.15 - 8.15 pm	EHB Kaai L + O
WATERPOLO	9 - 10 pm	Etterbeek L

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