

GET AND KEEP MOVING!

SPORTMIX

12/02 - 24/05 2024

Monday

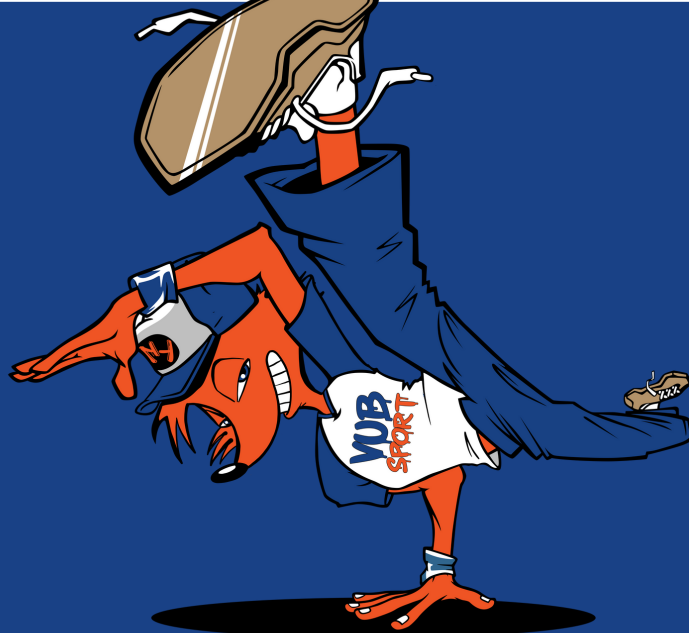
BADMINTON ●	noon - 1 pm
BASKETBALL	5 - 7 pm
BODYMIX	6 - 7 pm
BOXING	7 - 8 pm
GAELIC FOOTBALL ▲	7.30 - 10 pm
KICKBOXING ▲ ★	7 - 8.30 pm
OMNISPORT ★	5 - 7 pm
SPIKEBALL ▲	6 - 8 pm
START TO RUN	5 - 6 pm
SWIMMING	9 - 10 pm
TABLE TENNIS ●	noon - 1 pm
VOLLEYBALL	5 - 7 pm

Wednesday

ATHLETICS ▲	6.30 - 8 pm
BASKETBALL	6 - 7 pm
CONDITION GYM ▲	7 - 8 pm
KARATE ▲	6 - 8 pm
KENDO ▲	7 - 9 pm
KICKBOXING ▲ ★	7 - 8.30 pm
KINBALL ▲	6 - 8 pm
OMNISPORT ★	5 - 7 pm
RUGBY ▲	8 - 10 pm
START TO RUN	5 - 6 pm
VOLLEYBALL	5 - 7 pm
YOGA 🌿	1 - 2.30 pm



SCAN ME



Tuesday

BADMINTON	5 - 7 pm
CONDITION GYM ▲	7 - 8 pm
DANCE MIX	7 - 8 pm
FLOORBALL ▲	7 - 9 pm
GET READY TO RUN THE 20KM	5 - 6 pm
SOCCER ▲	4.30 - 6 pm
UNDERWATERHOCKEY	9 - 10 pm
YOGA ★	6 - 7 pm
YOGA	5.30 - 6.30 pm

Thursday

AIKIDO	noon - 2 pm
BADMINTON	5 - 7 pm
CONDITION GYM ▲	7 - 8 pm
GET READY TO RUN THE 20KM	5 - 6 pm
HURLING ▲	7.30 - 10 pm
OMNISPORT ★	5 - 7 pm
RUGBY MIXED	4 - 6 pm
SWORD FIGHTING	6 - 7 pm
TAEKWONDO	7 - 8 pm
WATERPOLO	9 - 10 pm

- ▲ clubsport - only accessible for VUB students/staff
- non guided activity
- ★ campus Jette - omnisport hall/dojo Basic Fit
- 🌿 EHB campus Kanal