

SPORTSMIX 2025-2026 - 1st SEMESTER (22/9-19/12/2025)

MONDAY

hour	activity	location	hall	type	instructor/club
17.00 - 19.00 u	volleyball	Elsene (VUB Sportcomplex)	L456	guided	Britt Lepage + Hugo Bogaerts
17.00 - 18.00 u	DANCE MIX	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	guided	Laurie Kiandanda Obiang
17.00 - 19.00 u	BASKETBALL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Hassib Ramza + Younes El Idrissi
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Hassib Ramza + Younes El Idrissi
18.00 - 19.00 u	YOGA	Elsene (VUB Sportcomplex)	VEC judozaal	guided	KASIA/ALICE
18.00 - 19.00 u	BODYMIX	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	guided	Margo Van Der Ougstraete
19.00 - 21.00 u	KINBALL*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	club sport	Kinball
19.00 - 20.30 u	KICKBOXING*	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	club sport	Brussels Technical Boxing
19.30 - 22.00 u	GAELIC FOOTBALL*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	club sport	Brussels Gaelic Association
19.30 - 22.00 u	HURLING*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	club sport	Brussels Gaelic Association
21.00 - 22.00 u	SWIMMING	Elsene (VUB Sportcomplex)	VUB Sportcomplex	guided	Aximundi (Dieter Segers)

TUESDAY

hour	activity	location	hall	type	instructor/club
12.00 - 13.00 u	FUTSALLEAGUE STAFF	Elsene (VUB Sportcomplex)	L456	competition	competitie
16.00 - 17.00 u	FUTSAL LEAGUE STUDENTS	Elsene (VUB Sportcomplex)	L456	competition	competitie
16.30 - 18.00 u	FOOTBALL	Elsene (VUB Sportcomplex)	Voetbalveld VUB Sportcomplex	guided	Sevban Sahin + Andrei Joroveanu
17.00 - 19.00 u	BASKETBALL	Elsene (VUB Sportcomplex)	L45	guided	Steven Travis Makengo + Badi Gagyi
17.00 - 19.00 u	BADMINTON	Elsene (VUB Sportcomplex)	L123 VUB Sportcomplex	guided	Tuur Bruneel/Gabriel Gulunay
17.00 - 19.00 u	FUTSALLEAGUE	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Younes El Idrissi + Hassib Ramza
17.30 - 18.30 u	YOGA	Brussel (EHB, MABO)	Sportzaal MABO	guided	Nora Vierstraete
17.30 - 18.30 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	guided	FRED/MELINDA
18.00 - 19.00 uur	YOGA	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	guided	Lima Mady Van Den Steen
19.00 - 20.00 u	CONDITIONING GYM*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	club sport	Friskis & Svettis
19.00 - 21.00 u	FLOORBALL*	Elsene (VUB Sportcomplex)	L4 VUB Sportcomplex	club sport	Bandy International
19.00 - 20.30 u	RUGBY LADIES*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	club sport	Celtic Rugby Club
19.30 - 20.30 u	ENGLISH BOXING*	Elsene (VUB Sportcomplex)	VUB Bokszaal	club sport	VUB Boxing Club
20.00 - 22.00 u	BRAZILIAN JIU JITSU*	Elsene (VUB Sportcomplex)	Judozaal	club sport	Jan De Groote

WEDNESDAY

hour	activity	location	hall	type	instructor/club
13.00 - 14.00 u	AIKIDO	Elsene (VUB Sportcomplex)	Judozaal	guided	Niels De Nutte
17.00 - 19.00 u	VOLLEYBALL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Younes El Idrissi + Hassib Ramza
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Younes El Idrissi + Hassib Ramza
17.00 - 19.00 u	VOLLEYBALL	Elsene (VUB Sportcomplex)	L456 VUB Sportcomplex	guided	Britt Lepage + Hugo Bogaerts
18.00 - 20.00 u	KRAV MAGA*	Elsene (VUB Sportcomplex)	judozaal	club sport	Nicolas Devroe
18.00 - 20.00 u	KARATE*	Elsene (VUB Sportcomplex)	L1 VUB Sportcomplex	club sport	Sawada Academy
18.30 - 20.00 u	ATHLETICS*	Elsene (VUB Sportcomplex)	piste VUB Sportcomplex	club sport	BAV
19.00 - 20.00 u	CONDITIONING GYM*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	club sport	Friskis & Svettis
19.00 - 20.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	guided	Fabienne Kabeya
19.00 - 20.30 u	KICKBOXING*	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	club sport	Brussels Technical Boxing
19.00 - 21.00 u	KENDO*	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	club sport	Wakakoma
20.00 - 21.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	guided	Fabienne Kabeya
20.00 - 22.00 u	RUGBY MEN*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	club sport	Celtic Rugby Club

THURSDAY

hour	activity	location	hall	type	instructor/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	guided	Nelson Hottart
17.00 - 19.00 u	FUTSAL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Younes El Idrissi Hassib Ramza
17.00 - 19.00 u	BASKETBALL	Elsene (VUB Sportcomplex)	L45	guided	Steven Travis Makengo + Badi Gagyi
17.00 - 19.00 u	BADMINTON	Elsene (VUB Sportcomplex)	L12 VUB Sportcomplex	guided	Tuur Bruneel/Gabriel Gulunay
18.00 - 19.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	guided	Joanna/Melinda
18.00 - 20.00 u	JUDO*	Elsene (VUB Sportcomplex)	VEC Judozaal	clubsport	Nica Antonis
18.00 - 20.00 u	FENCING	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	guided	Karin Verelst
18.00 - 20.00 u	KRAV MAGA*	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	club sport	Nicolas Devroe
19.00 - 20.00 u	CONDITIONING GYM*	Elsene (VUB Sportcomplex)	L6 VUB Sportcomplex	club sport	Friskis & Svettis
20.00 - 22.00 u	TAEKWONDO	Elsene (VUB Sportcomplex)	VEC judozaal	guided	Evangelia Saltouridou
19.30 - 21.00 u	FRENCH BOXING*	Elsene (VUB Sportcomplex)	Bokszaal	club sport	Daniel Liseune (Les Gaulois)
19.30 - 22.00 u	GAELIC FOOTBALL*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	club sport	Brussels Gaelic Association
19.30 - 22.00 u	HURLING*	Elsene (VUB Sportcomplex)	Rugbyveld VUB Sportcomplex	club sport	Brussels Gaelic Association
21.00 - 22.00 u	SWIMMING	Elsene (VUB Sportcomplex)	Zwembad VUB	guided	Rarytassia

FRIDAY

hour	activity	location	hall	type	instructor/club
12.00 - 13.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	guided	Flore Belin
18.00 - 19.30 u	ENGLISH BOXING*	Elsene (VUB Sportcomplex)	VUB Bokszaal	club sport	VUB Boxing Club
18.30 - 20.00 u	ATHLETICS*	Elsene (VUB Sportcomplex)	piste VUB Sportcomplex	club sport	BAV

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

ZWART
BLAUW
ROOD

Campus VUB Elsene/Etterbeek
Campus VUB Jette
Campus EHB Brussel (Ritcs)

VUB Sportcomplex (gebouw L)
Sportcomplex (Basic Fit)
Rode zaal Ritcscafé

RESERVATIONS PER PARTICIPATION VIA THE VUB SPORT APP + SPORT CARD WITH PUNCH (or Sticker for EHB students)
<https://www.vub.be/nl/dienstverlening-op-de-vub-campus-etterbeek-en-jette/sporten-aan-de-vub>



SCAN ME TO CHECK
DETAILS ON VUB SPORT
ON THE VUB WEBSITE

