

SPORTSMIX 2025-2026 - EXAM PERIOD (5/01-30/01/2026)						
MONDAY						
hour	activity	location	hall	type	instructor/club	
17.00 - 18.00 u	DANCE MIX	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	guided	Laurie Kiandanda Obiango	
17.00 - 19.00 u	BASKETBALL	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Hassib Ramza	
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Hassib Ramza	
18.00 - 19.00 u	YOGA	Elsene (VUB Sportcomplex)	VEC judozaal	guided	KASIA/ALICE	
21.00 - 22.00 u	SWIMMING	Elsene (VUB Sportcomplex)	VUB Sportcomplex	guided	Aximundi (Dieter Segers)	
TUESDAY						
hour	activity	location	hall	type	instructor/club	
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)	L12 VUB Sportcomplex	guided	Steven Travis Makengo + Badi Gagyí	
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	Labbe Frederique	
18.00 - 19.00 u	YOGA	Jette (Basic Fit Sportcomplex)	Dojo Basic Fit Jette	guided	Lima Mady Van Den Steen	
19.00 - 20.30 u	ENGLISH BOXING*	Elsene (VUB Sportcomplex)	VUB Bokszaal	club sport	VUB Boxing Club	
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	
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sportcomplex)	Omnisportzaal Basic Fit Jette	guided	Younes El Idrissi	
17.00 - 19.00 u	VOLLEYBALL	Elsene (VUB Sportcomplex)	L23 VUB Sportcomplex	guided	Britt Lepage + Hugo Bogaerts	
19.00 - 20.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	guided	Fabienne Kabeya	
20.30 - 21.30 u	ENGLISH BOXING LADIES NIGHT	Ixelles (VUB Sports Complex)	VUB Boxing Hall	club sport	VUB Boxing Club	
THURSDAY						
hour	activity	location	hall	type	instructor/club	
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	Melinda Zijp	
18.00 - 20.00 u	FENCING	Elsene (VUB Sportcomplex)	L3 VUB Sportcomplex	guided	Karin Verelst	
21.00 - 22.00 u	SWIMMING	Elsene (VUB Sportcomplex)	Zwembad VUB	guided	Abdelaziz Sahli	
FRIDAY						
hour	activity	location	hall	type	instructor/club	
12.00 - 13.00 u	YOGA	Elsene (VUB Sportcomplex)	Dojo VUB Sportcomplex	guided	Flore Belin & Petra Kurtovic	
19.00 - 20.30 u	ENGLISH BOXING*	Elsene (VUB Sportcomplex)	VUB Bokszaal	club sport	VUB Boxing Club	

ZWART

BLAUW

ROOD

Campus VUB Elsene/Etterbeek

Campus VUB Jette

Campus EHB Brussel (Ritcs)

VUB Sportcomplex (gebouw I)

Sportcomplex (Basic Fit)

Rode zaal Ritcscafé

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

<https://www.vub.be/en/services-vub-campus-es-in-etterbeek-and-jette/sports-vub>

KEEP MOVING DURING EXAMS, BOOST YOUR GRADES!



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

