

SPORTSMIX SEMESTER 1 (21/09/2026 - 20/12/2026)					
MONDAY					
Hour	Activity	Location	Hall	Type	Instructor/Club
17.00 - 19.00 u	VOLLEYBALL	Ixelles (VUB Sports Complex)	L456 VUB Sports Complex	guided	Britt Lepage + Lola Bloden
18.00 - 19.00 u	DANCE MIX	Ixelles (VUB Sports Complex)	L3 VUB Sports complex	guided	Laurie Kiandanda Obiang
18.00 - 19.00 u	YOGA	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Katarzyna / Sarah
19.00 - 20.00 u	VINYASA YOGA	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Teodora / Julia
19.00 - 21.00 u	KINBAL*	Ixelles (VUB Sports Complex)	L6 VUB Sports complex	club sports	Kinball
19.30 - 22.00 u	GAELIC FOOTBALL*	Ixelles (VUB Sports Complex)	Rugby Pitch VUB Sports complex	club sports	Brussels Gaelic Association
19.30 - 22.00 u	HURLING*	Ixelles (VUB Sports Complex)	Rugby Pitch VUB Sports complex	club sports	Brussels Gaelic Association
21.00 - 22.00 u	SWIMMING	Ixelles (VUB Sports Complex)	Swimming Pool VUB Sports complex	guided	Aximundi (Dieter Segers)
TUESDAY					
Hour	Activity	Location	Hall	Type	Instructor/Club
12.00 - 13.00 u	FUTSAL LEAGUE STAFF	Ixelles (VUB Sports Complex)	L456 VUB Sports complex	competitie	competitie
16.00 - 17.00 u	FUTSAL LEAGUE STUDENTS	Ixelles (VUB Sports Complex)	L456 VUB Sports complex	competitie	competitie
16.00 - 18.00 u	FOOTBALL	Ixelles (VUB Sports Complex)	Football Field VUB Sports complex	guided	August Deflo
17.00 - 19.00 u	BASKETBALL	Ixelles (VUB Sports Complex)	L45 VUB Sports complex	guided	Steven Travis Makengo + Hugo Renard
17.00 - 19.00 u	BADMINTON	Ixelles (VUB Sports Complex)	L123 VUB Sports complex	guided	Tuur Bruneel + Gabriel Gulunay
17.30 - 18.30 u	HATHA YOGA	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Fred
18.30 - 19.30 u	CREATIVE FLOW YOGA	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Anisa / Rosella
19.00 - 21.00 u	FLOORBALL*	Ixelles (VUB Sports Complex)	L4 VUB Sports complex	club sports	Bandy International
19.00 - 20.30 u	RUGBY LADIES*	Ixelles (VUB Sports Complex)	Rugby Pitch VUB Sports complex	club sports	Celtic Rugby Club
19.00 - 20.30 u	ENGLISH BOXING*	Ixelles (VUB Sports Complex)	Boxing Hall VUB Sports complex	club sports	VUB Boxing Club
20.00 - 22.00 u	BRAZILIAN JIU JITSU*	Ixelles (VUB Sports Complex)	Judo Hall VUB Sports complex	club sports	Jan De Groot
WEDNESDAY					
Hour	Activity	Location	Hall	Type	Instructor/Club
13.00 - 14.00 u	AIKIDO	Ixelles (VUB Sports Complex)	Judo Hall VUB Sports complex	guided	Niels De Nutte
17.00 - 19.00 u	VOLLEYBALL	Ixelles (VUB Sports Complex)	L456 VUB Sports complex	guided	Britt Lepage + Lola Bloden
18.00 - 20.00 u	KARATE*	Ixelles (VUB Sports Complex)	L1 VUB Sports complex	club sports	Sawada Academy
18.30 - 20.00 u	ATHLETICS*	Ixelles (VUB Sports Complex)	Atletic Track VUB Sports complex	club sports	BAV
19.00 - 20.00 u	PILATES	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Esther Philippen
19.00 - 21.00 u	KENDO*	Ixelles (VUB Sports Complex)	L3 VUB Sports complex	club sports	Wakakoma
20.00 - 21.00 u	PILATES	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Esther Philippen
20.00 - 22.00 u	RUGBY MEN*	Ixelles (VUB Sports Complex)	Rugby Pitch VUB Sports complex	club sports	Celtic Rugby Club
20.30 - 21.30 u	ENGLISH BOXING LADIES NIGHT*	Ixelles (VUB Sports Complex)	Boxing Hall VUB Sports complex	club sports	VUB Boxing Club
THURSDAY					
Hour	Activity	Location	Hall	Type	Instructor/Club
12.00 - 13.00 u	FUTSAL LEAGUE STAFF	Elsene (VUB Sportcomplex)	L456 VUB Sports complex	competitie	competitie
16.00 - 17.00 u	FUTSAL LEAGUE STUDENTS	Elsene (VUB Sportcomplex)	L456 VUB Sports complex	competitie	competitie
16.00 - 18.30 u	RUGBY MIXED (VUB FOXES)	Ixelles (VUB Sports Complex)	Rugby Pitch VUB Sports complex	guided	Noah en Viktor
17.00 - 19.00 u	BASKETBALL	Ixelles (VUB Sports Complex)	L45 VUB Sports complex	guided	Steven Travis Makengo + Hugo Renard
17.00 - 19.00 u	BADMINTON	Ixelles (VUB Sports Complex)	L123 VUB Sports complex	guided	Tuur Bruneel + Gabriel Gulunay
18.00 - 19.00 u	HOT YOGA (non heated room)	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Melinda
18.00 - 20.00 u	JUDO*	Ixelles (VUB Sports Complex)	Judo Hall VUB Sports complex	club sports	Nica Antonis
18.00 - 20.00 u	SWORD FIGHTING	Ixelles (VUB Sports Complex)	L3 VUB Sports complex	guided	Karin Verelst
19.00 - 20.30 u	FRENCH BOXING*	Ixelles (VUB Sports Complex)	Boxing Hall VUB Sports complex	club sports	Daniel Liseune (Les Gaulois)
19.30 - 22.00 u	GAELIC FOOTBALL*	Ixelles (VUB Sports Complex)	Rugby Pitch VUB Sports complex	club sports	Brussels Gaelic Association
19.30 - 22.00 u	HURLING*	Ixelles (VUB Sports Complex)	Rugby Pitch VUB Sports complex	club sports	Brussels Gaelic Association
20.30 - 22.00 u	THAI KICKBOXING	Ixelles (VUB Sports Complex)	Boxing Hall VUB Sports complex	guided	Kamil
21.00 - 22.00 u	SWIMMING	Ixelles (VUB Sports Complex)	Swimming Pool VUB Sports complex	guided	Rarytassia
FRIDAY					
Hour	Activity	Location	Hall	Type	Instructor/Club
12.00 - 13.00 u	YOGA	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Flore Belin & Petra Kurtovic
19.00 - 20.30 u	ENGLISH BOXING*	Ixelles (VUB Sports Complex)	Boxing Hall VUB Sports complex	club sports	VUB Boxing Club
18.30 - 20.00 u	ATHLETICS*	Ixelles (VUB Sports Complex)	Atletic Track VUB Sports complex	club sports	BAV

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

BLACK VUB Campus Ixelles/Etterbeek VUB Sports Complex (Building L)

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

ABOUT VUB SPORT ON THE
VUB WEBSITE

