

SPORTSMIX SEMESTER 1 (21/09/2026 - 20/12/2026)					
MONDAY					
HOOR	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
17.00 - 19.00 u	LACROSSE	Ixelles (VUB Sports Complex)	L1 VUB Sports complex	guided	Philippe Verschueren
17.00 - 19.00 u	BASKETBALL	Jette (Basic Fit Sports Complex)	Omni sports hall Basic Fit Jette	guided	Hassib Ramza + Soulayman Azibou
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sports Complex)	Omni sports hall Basic Fit Jette	guided	Hassib Ramza + Soulayman Azibou
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
19.00 - 20.30 u	KICKBOXING*	Jette (Basic Fit Sports Complex)	Dojo Basic Fit Jette	club sports	Brussels Technical Boxing
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					
HOOR	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
17.00 - 19.00 u	FUTSAL LEAGUE TRAINING	Jette (Basic Fit Sports Complex)	Omni sports hall Basic Fit Jette	guided	Hassib Ramza + Soulayman Azibou
17.30 - 18.30 u	YOGA	Brussels (EHB, MABO)	Sports hall MABO	guided	Nora Vierstraete
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
WEDNESDAY					
HOOR	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	Jette (Basic Fit Sports Complex)	Omni sports hall Basic Fit Jette	guided	Hassib Ramza + Soulayman Azibou
17.00 - 19.00 u	BADMINTON	Jette (Basic Fit Sports Complex)	Omni sports hall Basic Fit Jette	guided	Hassib Ramza + Soulayman Azibou
17.00 - 19.00 u	VOLLEYBALL	Ixelles (VUB Sports Complex)	L456 VUB Sports complex	guided	Britt Lepage + Lola Bloden
17.00 - 19.00 u	FLAG FOOTBALL	Ixelles (VUB Sports Complex)	L2 VUB Sports complex	guided	Martin Cerfontaine
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)	Athletic 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 - 20.30 u	KICKBOXING*	Jette (Basic Fit Sports Complex)	Dojo Basic Fit Jette	club sports	Brussels Technical Boxing
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					
HOOR	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
17.00 - 19.00 u	FUTSAL LEAGUE STUDENTS	Jette (Basic Fit Sports Complex)	Omni sports hall Basic Fit Jette	guided	Hassib Ramza + Soulayman Azibou
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
18.00 - 19.00 u	POWER FLOW YOGA	Jette (Basic Fit Sports Complex)	Dojo Basic Fit Jette	guided	Lima Mady Van Den Steen
19.00 - 20.00 u	RELAX FLOW YOGA	Jette (Basic Fit Sports Complex)	Dojo Basic Fit Jette	guided	Lima Mady Van Den Steen
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
20.00 - 22.00 u	BRAZILIAN JIU JITSU*	Ixelles (VUB Sports Complex)	Judo Hall VUB Sports complex	club sports	Jan De Groote
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					
HOOR	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)	Athletic 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
BLUE
RED

VUB Campus Ixelles/Etterbeek
VUB Campus Jette
EHB Campus Brussels

VUB Sports Complex (Building L)
Sports Complex (Basic Fit)
Brussel (EHB, MABO)

SCAN ME TO VIEW DETAILS
ABOUT VUB SPORT ON THE
VUB WEBSITE



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>

