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
17.00 - 19.00 u	LACROSSE	Ixelles (VUB Sports Complex)	L1 VUB Sports complex	guided	Philippe Verschueren
18.00 - 19.00 u	DANCE MIX	Ixelles (VUB Sports Complex)	L3 VUB Sports complex	guided	Laurie Kiandanda Obiango
18.00 - 19.00 u	VINYASA YOGA	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Katarzyna / Sarah
18.00 - 20.00 u	ENGLISH BOXING LADIES ONLY	Ixelles (VUB Sports Complex)	Boxing Hall VUB Sports complex	guided	Hannes Deboosere
19.00 - 20.00 u	VINYASA YOGA	Ixelles (VUB Sports Complex)	L7 VUB Sports complex	guided	Teodora / Julia
18.00 - 19.30 u	FLAG FOOTBALL	Ixelles (VUB Sports Complex)	Rugby Pitch VUB Sports complex	guided	Martin Cerfontaine
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

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
18.00 - 20.00 u	ENGLISCH BOXING MEN ONLY	Ixelles (VUB Sports Complex)	Boxing Hall VUB Sports complex	guided	Greg
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

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
20.00 - 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

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
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)***

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

VUB SPORT