

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BADMINTON</b> Non Guides <b>Starts 30/9</b> 1 - 2 pm - L1 VUB Sportscomplex Etterbeek	<b>DANCE MIX</b> Guided by VUB Sport <b>Starts 1/10</b> 7 - 8 pm- L3 VUB Sportscomplex Etterbeek	<b>ATHLETICS*</b> Guided by Brusselse Atletiek Vereniging <b>Starts 25/9</b> 6.30 - 8 pm - Track VUB Sportscomplex Etterbeek	<b>AIKIDO</b> Guided by VUB Sport <b>Starts 26/9</b> noon - 2 pm - Dojo VUB Sportcomplex Etterbeek	<b>ATLETIEK*</b> Begeleid door Brusselse Atletiek Vereniging <b>Start 27/9</b> 18.30 - 20 u piste VUB Sportcomplex Etterbeek
<b>TABLE TENNIS</b> Non Guided <b>Starts 30/9</b> 1 - 2 pm - L2 VUB Sportscomplex Etterbeek	<b>SOCCER</b> Guided by VUB Sport <b>Starts 24/9</b> 4.30 - 6 pm- Soccer pitch VUB Sportscomplex Etterbeek	<b>BASKETBALL</b> Guided by VUB Sport <b>Start 25/9</b> 5 - 7 pm - L23 VUB Sportscomplex Etterbeek	<b>BADMINTON</b> Guided by VUB Sport <b>Starts 3/10</b> 5 - 7 pm - L12(3) VUB Sportscomplex Etterbeek	<b>YOGA</b> Begeleid door VUB Sport <b>Start 27/9</b> 12 - 13 u - Dojo VUB Sportcomplex Etterbeek
<b>KICKBOXING*</b> Guided by Brussels Technical Boxing Club <b>Starts 23/9</b> 7- 8.30 pm -Dojo Basic Fit Jette	<b>FUTSAL</b> Guided by VUB Sport <b>Starts 24/9</b> 5 - 7 pm - Sportshall Basic Fit Jette	<b>KARATE*</b> Guided by Sawada Karate Club <b>Starts 25/9</b> 6 - 8 pm - L1 VUB Sportscomplex Etterbeek	<b>HURLING*</b> Guided by Belgium Gaelic Association Club <b>Starts 26/9</b> 7.30 - 10 pm - Rugby pitch VUB Sportscomplex Etterbeek	<b>SPORTSMIX</b>
<b>GAELIC FOOTBALL*</b> Guided by Belgium Gaelic Association Club <b>Starts 23/9</b> 7.30 - 10 pm - Rugby pitch VUB Sportscomplex Etterbeek	<b>YOGA</b> Guided by VUB Sport <b>Starts 24/9</b> 6 - 7 pm - Dojo Basic Fit Jette	<b>KENDO*</b> Guided by Wakakoma Club <b>Starts 25/9</b> 7 - 9 pm - L3 VUB Sportscomplex Etterbeek	<b>FUTSAL</b> Guided by VUB Sport <b>Starts 26/9</b> 5 - 7 pm - Sportshall Basic Fit Jette	
<b>BADMINTON</b> Guided by VUB Sport <b>Starts 23/9</b> 5 - 7 pm - Sportshall Basic Fit Jette	<b>BADMINTON</b> Guided by VUB Sport <b>Starts 1/10</b> 5 - 7 pm - L123 VUB Sportscomplex Etterbeek	<b>KICKBOXING*</b> Guided by Brussels Technical Boxing Club <b>Starts 25/9</b> 7 - 8.30 pm - Dojo Basic Fit Jette	<b>RUGBY MIXED (VUB FOXES)</b> Guided by VUB Sport <b>Starts 26/9</b> 4 - 6 pm - Rugby pitch VUB Sportscomplex Etterbeek	
<b>YOGA</b> Guided by VUB Sport <b>Starts 23/9</b> 6 - 7 pm - Dojo VUB Sportscomplex Etterbeek	<b>FLOORBALL*</b> Guided by Bandy International Club <b>Starts 29/10</b> 7 - 9 pm - L4 VUB Sportscomplex Etterbeek	<b>VOLLEYBALL</b> Guided by VUB Sport <b>Starts 25/9</b> 5 - 7 pm- Sportshall Basic Fit Jette	<b>YOGA</b> Guided by VUB Sport <b>Starts 26/9</b> 6 - 7 pm - Dojo VUB Sportscomplex Etterbeek	
<b>SWIMMING</b> Guided by VUB Sport <b>Starts 23/9</b> 9 - 10 pm - Swimming pool VUB Sportscomplex Etterbeek	<b>CONDITIONGYM*</b> Guided by Friskis & Svettis <b>Starts 29/10</b> 7 - 8 pm - L6 VUB Sportscomplex Etterbeek	<b>RUGBY*</b> Guided by Brussels Celtics Rugby Club <b>Starts 25/9</b> 8 - 10 pm - Rugby pitch VUB Sportscomplex Etterbeek	<b>SWORD FIGHTING</b> Guided by VUB Sport <b>Starts 3/10</b> 6 - 8 pm - L3 VUB Sportscomplex Etterbeek	
<b>BODYMIX</b> Guided by VUB Sport <b>Starts 28/10</b> 6 - 7 pm - L6 VUB Sportscomplex Etterbeek	<b>YOGA</b> Guided by VUB Sport <b>Starts 24/9</b> 5.30 - 6.30 pm - Dojo VUB Sportscomplex Etterbeek	<b>YOGA</b> Guided by VUB Sport <b>Starts 25/9</b> 7 - 8 pm - Dojo VUB Sportscomplex Etterbeek	<b>TAEKWONDO</b> Guided by VUB Sport <b>Starts 26/9</b> 7 - 9 pm - Dojo VUB Sportscomplex Etterbeek	
<b>BOXING</b> Guided by VUB Sport <b>Starts 28/10</b> 7 - 9 pm - L6 VUB Sportscomplex Etterbeek		<b>YOGA</b> Guided by VUB Sport <b>Starts 25/9</b> 5 - 6 pm - classroom EHB campus Kanal	<b>WATERPOLO</b> Guided by VUB Sport <b>Starts 26/9</b> 9 - 10 pm - Swimming pool VUB Sportscomplex Etterbeek	
<b>VOLLEYBALL</b> Guided by VUB Sport <b>Starts 30/9</b> 5 - 7 pm - L123 VUB Sportscomplex Etterbeek		<b>KINBALL*</b> Guided by K-ribou Club <b>Starts 30/10</b> 6 - 8 pm - L4 VUB Sportscomplex Etterbeek	<b>CONDITIONGYM*</b> Guided by Friskis & Svettis <b>Starts 31/10</b> 7 - 8 pm - L6 VUB Sportscomplex Etterbeek	
<b>BASKETBALL</b> Guided by VUB Sport <b>Starts 28/10</b> 5 - 7 pm - L45 VUB Sportscomplex Etterbeek		<b>VOLLEYBALL</b> Guided by VUB Sport <b>Starts 30/10</b> 5 - 7 pm - L56 VUB Sportcomplex Etterbeek	 	
		<b>CONDITIONGYM*</b> Guided by Friskis & Svettis <b>Starts 30/10</b> 7 - 8 pm - L6 VUB Sportscomplex Etterbeek		
		<b>ZUMBA</b> Guided by VUB Sport <b>Starts 30/10</b> 5 - 6 pm - L4 VUB Sportscomplex Etterbeek		

\*CLUB SPORTS= Only accessible for VUB/EHB-students or staff.

To participate in the sportsmix you need to buy a sports punch card and reserve upfront in the VUB Sport app.

The sportsmix in the 1st semester starts on 23/9 and ends on 20/12 2024

**!! Due to works in the sports halls L123 + L456, certain sports activities will start later !!**  
**So check the start date of your favorite sports activity carefully!**