

SPORTMIX 2024 - 2025 - 2de SEMESTER (10/2-4/4 and 22/4-23/5/2025)

| SPORTMIX 2024 - 2025 - 2de SEMESTER (10/2-4/4 and 22/4-23/5/2025) | | | | | |
|---|--------------------------------------|--------------------------------|--------------------------------------|-------------------|------------------------------------|
| MAANDAG | 12,5 Elsene + 5,5 Jette | | 18u activiteit | | |
| UUR | ACTIVITEIT | LOCATIE | ZAAL | TYPE | LESGEVER/CLUB |
| 13.00 - 14.00 u | BADMINTON + TAFELTENNIS | Elsene (VUB Sportcomplex) | L23 | niet begeleid | niet begeleid |
| 15.00 - 17.00 u | RUGBY VUB FOXES - ULB OWLS | Elsene (VUB Sportcomplex) | Rugbyveld VUB Sportcomplex | mixed training | Nelson Hottart |
| 17.00 - 19.00 u | VOLLEYBAL | Elsene (VUB Sportcomplex) | L123 | begeleid | Emma De Jonge + Britt Lepage |
| 17.00 - 19.00 u | BASKETBAL | Elsene (VUB Sportcomplex) | L45 | begeleid | Steven Travis Makengo + Badi Gagyi |
| 17.00 - 19.00 u | BASKETBAL | Jette (Basic Fit Sportcomplex) | Omnisportzaal Basic Fit Jette | begeleid | Younes El Idrissi + Hassib Ramza |
| 17.00 - 19.00 u | BADMINTON | Jette (Basic Fit Sportcomplex) | Omnisportzaal Basic Fit Jette | begeleid | Younes El Idrissi + Hassib Ramza |
| 18.00 - 19.00 u | YOGA | Elsene (VUB Sportcomplex) | Dojo VUB Sportcomplex | begeleid | Isabelle Selleslag |
| 18.00 - 19.00 u | BODYMIX | Elsene (VUB Sportcomplex) | L6 | begeleid | Margo Van Der Ougstraete |
| 19.00 - 21.00 u | BOKSEN | Elsene (VUB Sportcomplex) | L6 | begeleid | Hannes Deboosere |
| 19.00 - 20.30 u | KICKBOKSEN* | Jette (Basic Fit Sportcomplex) | Dojo Basic Fit Jette | clubsport | Brussels Technical Boxing |
| 19.30 - 22.00 u | GAELIC FOOTBALL* | Elsene (VUB Sportcomplex) | Rugbyveld VUB Sportcomplex | clubsport | Brussels Gaelic Association |
| 19.30 - 22.00 u | HURLING* | Elsene (VUB Sportcomplex) | Rugbyveld VUB Sportcomplex | clubsport | Brussels Gaelic Association |
| 21.00 - 22.00 u | ZWEMMEN | Elsene (VUB Sportcomplex) | VUB Sportcomplex | begeleid | Aximundi (Dieter Segers) |
| DINSDAG | 9,5 Elsene + 3 Jette | | 12,5u activiteit | | |
| UUR | ACTIVITEIT | LOCATIE | ZAAL/LOCATIE | TYPE | LESGEVER/CLUB |
| 12.00 - 13.00 u | FUTSALLEAGUE STAFF | Elsene (VUB Sportcomplex) | L456 | competitie | competitie |
| 16.30 - 18.00 u | VOETBAL | Elsene (VUB Sportcomplex) | Voetbalveld VUB Sportcomplex | begeleid | Nathan Scarcelli/ Ruben Heurckmans |
| 17.00 - 19.00 u | BADMINTON | Elsene (VUB Sportcomplex) | L123 VUB Sportcomplex | begeleid | Tuur Bruneel/Marian Geysels |
| 17.00 - 19.00 u | FUTSALLEAGUE | Jette (Basic Fit Sportcomplex) | Omnisportzaal Basic Fit Jette | begeleid | Younes El Idrissi + Hassib Ramza |
| 17.30 - 18.30 u | YOGA | Elsene (VUB Sportcomplex) | Dojo VUB Sportcomplex | begeleid | Karen Boucque |
| 18.00 - 19.00 uur | YOGA | Jette (Basic Fit Sportcomplex) | Dojo Basic Fit Jette | begeleid | ? |
| 19.00 - 20.00 u | CONDITIEGYM* | Elsene (VUB Sportcomplex) | L6 VUB Sportcomplex | clubsport | Friskis & Svetits |
| 19.00 - 20.00 u | DANCE MIX | Elsene (VUB Sportcomplex) | L3 VUB Sportcomplex | begeleid | Laurie Kiandanda Obiang |
| 19.00 - 21.00 u | FLOORBALL* | Elsene (VUB Sportcomplex) | L4 VUB Sportcomplex | clubsport | Bandy International |
| WOENSDAG | 16,5 Elsene + 5,5 Jette + 1u Brussel | | 23u activiteit | | |
| UUR | ACTIVITEIT | LOCATIE | ZAAL/LOCATIE | TYPE | LESGEVER/CLUB |
| 17.00 - 18.00 u | ZUMBA | Elsene (VUB Sportcomplex) | L4 | sportmix begeleid | Alex de Pape |
| 17.00 - 19.00 u | BASKETBAL | Elsene (VUB Sportcomplex) | L23 | sportmix begeleid | Steven Travis Makengo + Badi Gagyi |
| 17.00 - 19.00 u | VOLLEYBAL | Jette (Basic Fit Sportcomplex) | Omnisportzaal Basic Fit Jette | begeleid | Younes El Idrissi + Hassib Ramza |
| 17.00 - 19.00 u | BADMINTON | Jette (Basic Fit Sportcomplex) | Omnisportzaal Basic Fit Jette | begeleid | Younes El Idrissi + Hassib Ramza |
| 17.00 - 19.00 u | VOLLEYBAL | Elsene (VUB Sportcomplex) | L56 VUB Sportcomplex | begeleid | Emma De Jonge/ Britt Lepage |
| 18.00 - 19.00 u | YOGA | Brussel (EHB, Campus Ritcs) | Rode zaal | begeleid | Nora Vierstraete |
| 18.00 - 20.00 u | KINBALL* | Elsene (VUB Sportcomplex) | L4 VUB Sportcomplex | clubsport | Kinball |
| 18.00 - 20.00 u | KARATE* | Elsene (VUB Sportcomplex) | L1 VUB Sportcomplex | clubsport | Sawada Academy |
| 18.30 - 20.00 u | ATLETIEK* | Elsene (VUB Sportcomplex) | piste VUB Sportcomplex | clubsport | BAV |
| 19.00 - 20.00 u | CONDITIEGYM* | Elsene (VUB Sportcomplex) | L6 VUB Sportcomplex | clubsport | Friskis & Svetits |
| 19.00 - 20.00 u | YOGA | Elsene (VUB Sportcomplex) | Dojo VUB Sportcomplex | begeleid | Zoe Reuter |
| 19.00 - 20.30 u | KICKBOKSEN* | Jette (Basic Fit Sportcomplex) | Dojo Basic Fit Jette | clubsport | Brussels Technical Boxing |
| 19.00 - 21.00 u | KENDO* | Elsene (VUB Sportcomplex) | L3 VUB Sportcomplex | clubsport | Wakakoma |
| 20.00 - 21.00 u | YOGA | Elsene (VUB Sportcomplex) | Dojo VUB Sportcomplex | begeleid | Zoe Reuter |
| 20.00 - 22.00 u | RUGBY* | Elsene (VUB Sportcomplex) | Rugbyveld VUB Sportcomplex | clubsport | Celtic Rugby Club |
| DONDERDAG | 18 Elsene + 2 Jette | | 20u activiteit | | |
| UUR | ACTIVITEIT | LOCATIE | ZAAL/LOCATIE | TYPE | LESGEVER/CLUB |
| 12.00 - 13.00 u | FUTSAL LEAGUE STAFF | Elsene (VUB Sportcomplex) | L456 | competitie | competitie |
| 12.00 - 14.00 u | AIKIDO | Elsene (VUB Sportcomplex) | L7 Dojo | begeleid | Niels De Nutte |
| 16.00 - 17.00 u | FUTSAL LEAGUE STUDENTS | Elsene (VUB Sportcomplex) | L456 | competitie | competitie |
| 16.00 - 18.00 u | RUGBY MIXED (VUB FOXES) | Elsene (VUB Sportcomplex) | Rugbyveld VUB Sportcomplex | begeleid | William Petit & Nelson Hottart |
| 17.00 - 19.00 u | FUTSAL | Jette (Basic Fit Sportcomplex) | Omnisportzaal Basic Fit Jette | begeleid | Younes El Idrissi + Hassib Ramza |
| 17.00 - 19.00 u | BADMINTON | Elsene (VUB Sportcomplex) | L12 van 17 - 19 u + L3 van 17 - 18 u | begeleid | Tuur Bruneel/Gabriel Gulunay |
| 18.00 - 19.00 u | YOGA | Elsene (VUB Sportcomplex) | Dojo VUB Sportcomplex | begeleid | Mareike Lobeck |
| 18.00 - 20.00 u | ZWAARDVECHTEN | Elsene (VUB Sportcomplex) | L3 VUB Sportcomplex | begeleid | Karin Verelst |
| 19.00 - 20.00 u | CONDITIEGYM* | Elsene (VUB Sportcomplex) | L6 VUB Sportcomplex | clubsport | Friskis & Svetits |
| 19.00 - 21.00 u | TAEKWONDO | Elsene (VUB Sportcomplex) | Dojo | begeleid | Evangelia Saltouridou |
| 19.30 - 22.00 u | GAELIC FOOTBALL* | Elsene (VUB Sportcomplex) | Rugbyveld VUB Sportcomplex | clubsport | Brussels Gaelic Association |
| 19.30 - 22.00 u | HURLING* | Elsene (VUB Sportcomplex) | Rugbyveld VUB Sportcomplex | clubsport | Brussels Gaelic Association |
| 21.00 - 22.00 u | WATERPOLO | Elsene (VUB Sportcomplex) | Zwembad VUB | begeleid | Stefan den Engelsens |
| VRIJDAG | 2,5 Elsene | | 2,5u activiteit | | |
| UUR | ACTIVITEIT | LOCATIE | ZAAL/LOCATIE | TYPE | LESGEVER/CLUB |
| 12.00-13.00 | YOGA | Elsene (VUB Sportcomplex) | Dojo VUB Sportcomplex | begeleid | Flore Belin |
| 18.30 - 20.00 u | ATLETIEK* | Elsene (VUB Sportcomplex) | piste VUB Sportcomplex | clubsport | BAV |

59u Elsene + 16u Jette + 1u Brussel

76 uur aan activiteit per week

23,5 uur aan "clubsport"

30% clubsport

ZWART
BLAUW
ROOD

Campus VUB Elsene/Etterbeek
Campus VUB Jette
Campus EHB Brussel (Ritcs)

VUB Sportcomplex (gebouw L)
Sportcomplex (Basic Fit)
Rode zaal Ritcscafé



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



RESERVEREN PER DEELNAME VIA DE VUB SPORT APP + SPORTKAART MET SPORTKNIIP (of Sticker voor EHB-studenten)
<https://www.vub.be/nl/dienstverlening-op-de-vub-campus-etterbeek-en-jette/sporten-aan-de-vub>