

ERASME PROGRAM



Programme subject to change,
see ulbsports.eu

PROGRAM 2026-27

FSM BUILDING ACTIVITIES

From 9/28 to 12/18/26 and
from 2/1 to 5/7/27

Holidays – No activities

- 2, 11 and 11/20
- 2/23/27
- 3/29/27
- From 12 to 4/23/27
- 5/6/27

No activities during Blocus

BADMINTON

Thu 18h00-19h30 **E. O** Grand Hall

BASKETBALL

Tue 18h00-19h30 **E. O** Grand Hall

BODYSULPT

Mon 12h30-13h30 **E.N.** Salle de Gym

BODY BUILDING

Mon 12h30-13h30
Tue 12h30-13h30
Wed 12h30-13h30 **E.N** Salle MCP
Thu 12h30-13h30
Fri 12h30-13h30

BACK IN SHAPE

Wed 12h30-13h30 **E.N.** Salle de Gym

STEP BASIC

Tue 12h30-13h30 **E.N.** Salle de Gym

STRETCHING

Thu 12h30-13h30 **E.N.** Salle de Gym

VOLLEYBALL

Mon 18h00-19h30 **E. O** Grand Hall

YOGA

Mon 12h30-13h30 **E. O** Salle de danse

ZUMBA

Mon 19h00-20h00 **E. N** Salle de Gym

HELB FACILITIES ACTIVITIES

From 10/5 to 12/18/26 and
from 2/1 to 5/14/27

Holidays – No activities

- 2, 11 and 11/20
- 2/23/27
- From 1 to 3/7/27
- 3/29/27
- From 4/26 to 5/8
- From 26 to 10/31

No activities during Blocus

GLUTEAL ABS EXERCISES

Mon 18h00-19h00
19h00-20h00 **E. HELB** Salle P6-103

BADMINTON

Tue 17h30-19h00 **E. HELB** Salle P1

BASKETBALL

Tue 17h30-19h30 **E. HELB** Salle P1

BODYSULPT

Thu 18h00-19h00
19h00-20h00 **E. HELB** Salle P6-103

FUTSAL

Mon 19h30-21h30 **E. HELB** Salle P1

HANDBALL

Tue 19h30-21h30 **E. HELB** Salle P1

BODY BUILDING

Mon 18h00-20h00
Tue 18h00-20h00
Wed 18h00-20h00
Thu 18h00-20h00
Fri 18h00-20h00 **E. HELB**

TABLE TENNIS

Thu 19h00-20h30 **E. HELB** Salle P1

VOLLEYBALL

Thu 19h30-21h30 **E. HELB** Salle P1

