

# Erasme Program

The following program apply from 09/26/22 to 12/23/22 and from 02/06/23 to 05/12/23. (No activities during winter holidays and summer holidays)

GLUTEAL ABS EXERCISES		
Mon	17h30-19h00	<b>E. HELB</b> Salle P6-103
BADMINTON		
Thu	18h00-19h30	<b>E. O</b> Grand Hall
Fri	17h30-19h00	<b>E. HELB</b> Salle P1
BASKETBALL		
Tue	18h00-19h30	<b>E. O</b> Grand Hall
BODY SCULPT		
Mon	12h30-13h30	<b>E.N.</b> Salle de Gym
Thu	17h30-19h00	<b>E. HELB</b> Salle P6-103
Fri	12h30-13h30	<b>E.N.</b> Salle de Gym
FUTSAL		
Thu	19h00-20h30	<b>E. HELB</b> Salle P1
JU-JITSU		
Fri	17h30-19h00	<b>E. HELB</b> Salle P6-103
BODYBUILDING		
Mon	12h30-13h30	<b>E.N</b> MCP
Mon	17h30-19h30 19h30-21h30	<b>E. HELB</b>
Tue	12h30-13h30	<b>E.N.</b> MCP
Tue	17h30-19h30 19h30-21h30	<b>E. HELB</b>
Wed	12h30-13h30	<b>E.N.</b> MCP
Wed	17h30-19h30 19h30-21h30	<b>E. HELB</b>
Thu	12h30-13h30	<b>E.N</b> MCP
Thu	17h30-19h30 19h30-21h30	<b>E. HELB</b>

Fri	12h30-13h30	<b>E.N</b> MCP
Fri	17h30-19h30	<b>E. HELB</b>
FITNESS		
Wed	12h30-13h30	<b>E.N.</b> Salle de Gym
STEP BASIC		
Tue	12h30-13h30	<b>E.N.</b> Salle de Gym
STRETCHING		
Thu	12h30-13h30	<b>E.N</b> Salle bleue
TABLE TENNIS		
Fri	19h00-20h00	<b>E. HELB</b> Salle P1
VOLLEYBALL		
Mon	18h00-19h30	<b>E. O</b> Grand Hall
Tue	19h00-20h00	<b>E. HELB</b> Salle P1
YOGA		
Wed	18h00-19h00 19h00-20h00	<b>E. HELB</b> Salle P6-103
ZUMBA		
Mon	19h00-20h00	<b>E. N</b> Salle de Gym

**Holidays – no activities**

- 09/27/22
- 11/01/22 and 11/02/22
- 11/11/22
- 11/16/22
- from 04/03/23 until 04/14/23
- 05/01/23
- 05/18/23

By subscribing to the “Sports Card”, you agree to follow ULB Sports internal regulations (details on [ulbsports.eu](http://ulbsports.eu))

Join the OWLS and defend the colors of the ULB



## Sports Card Membership

The Sports Card give you access to the entire sports program during the academic year. The courses take place on both Campus (Solbosch, Erasme) and at the Forêt de Soignes Sports Center. Sports Card is mandatory to access the activities.

### PRICES

Student	50 €
Erasmus	30 €
Employees	75 €
U.A.E. - CEPULB - Seniors - Alumni	110 €
External	195 €

### HOW TO SUBSCRIBE?

#### You're a ULB student?

- “Mon ULB” portal
- Sports Permanence at F1 Building (Solbosch) and O building (Erasme)

#### Not a ULB student?

- Create your account on [ulbsports.eu](http://ulbsports.eu)
- Sports Permanence at F1 Building (Solbosch) and O building (Erasme)



## SPORTS PERMANENCE

### SOLBOSCH CAMPUS

F1 BUILDING – LEVEL 2

→ From September 12 to October 28 2022

From Monday to Thursday, 11.30 am to 02.00 pm

→ From November 7 2022 to March 31 2023

From Monday to Thursday, 11.45 am to 01.30 pm

(Close from December 05 2022 to February 02 2023)

### ERASME CAMPUS

O BUILDING – LOCAL 02.305A

→ From September 26 to December 02 2022

→ from February 06 to March 31 2023

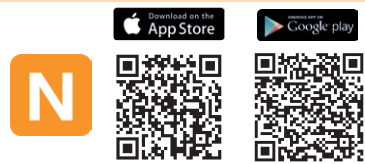
Only on Tuesdays and Thursdays, from

12.00am to 02.00pm

## Solbosch program

From 09/19/22 to 12/23/22  
and from 02/06/23 to 05/19/23

Participation in the course requires, in addition to the sports card, to sign up for your session via “Nova Sport” app’.



S. = Solbosch Campus

F.S.S. = Forêt de Soignes Sport Center

### GLUTEAL ABS EXERCISES

Mon 12h30-13h30 S. E Grand Hall

Mon 18h00-19h00 S. E Grand Hall

Wed 18h00-19h00 S. E Grand Hall

### AIKIDO

Mon 20h00-21h30 S. E Dojo

### BADMINTON

Tue 20h00-23h00 S. E Grand Hall

Thu 12h00-14h00 S. E Grand Hall

### BASKETBALL

Wed 13h30-14h30 S. E Grand Hall

Thu 20h00-21h00 (3x3) S. E Grand Hall

Thu 21h00-22h00 S. E Grand Hall

Thu 22h00-23h00 S. E Grand Hall

Fri 12h30-13h30 S. E Grand Hall

### BODY SCULPT

Tue 18h00-19h00 S. E Grand Hall

Wed 19h00-20h00 S. E Salle 4

Thu 18h00-19h00 S. E Grand Hall

Fri 12h30-13h30 S. E Grand Hall

### BOXING

Mon 18h30-20h30 F.S.S. Salle M

Wed 18h00-20h00 F.S.S. Salle M

### FRENCH BOXING

Wed 18h00-19h30 S. E Dojo

Fri 12h30-13h30 S. E Salle 4

### ARM WRESTLING

Wed 19h00-21h00 S. E Foyer sportif

### BREAK DANCE

Tue 18h00-20h00 S. E Salle 2

### CAPOEIRA

Wed 20h00-21h30 S. E Salle 4

Fri 12h30-13h30 S. E Salle 2

### AFRICAN DANCING

Thu 20h00-21h00 S. E Salle 4

### ORIENTAL DANCING

Thu 18h00-19h00 (beginners) S. E Salle 2

Thu 19h00-20h00 (Confirmed) S. E Salle 2

### CHESS

Mon 19h00-21h00 S. E Foyer sportif

### FONCTIONAL TRAINING

Tue 19h00-20h00 S. E Salle 4

### FUTSAL

Mon ♀ 18h30-20h00 F.S.S. Salle H2

Mon ♂ 20h00-22h00 F.S.S. Salle H3

Thu ♂ 20h00-22h00 F.S.S. Salle H1

### HANDBALL

Mon 20h00-21h30 (Beginners) S. E Grand Hall

### HIIT (INTERVAL TRAINING)

Tue 18h00-19h00 S. E Salle 4

Wed 18h00-19h00 S. E Salle 4

### JOGGING (all level) (10KM of ULB preparation)

Mon-Wed 12h30-13h30 S. E Accueil

Thu 17h30-19h00 S. E Accueil

### JU-JITSU

Tue 20h00-22h00 S. E Dojo

Thu 20h30-22h30 S. E Dojo

### JUDO

Tue 18h00-20h00 S. E Dojo

Thu 12h30-13h30 S. E Dojo

### KARATE

Thu 19h00-20h30 S. E Dojo

Fri 18h00-19h30 S. E Dojo

### KENDO

Mon 20h30-22h30 S. E Salle 2

Wed 16h30-18h30 S. E Salle 2

### KINBALL

Thu 20h00-22h00 F.S.S. Salle H2

### ATHLETIC TRAINING

Tue 12h30-13h30 S. E Grand Hall

### MODERN JAZZ

Mon 18h30-19h30 (Débutant) S. E Salle 2

Mon 19h30-20h30 (Avancé) S. E Salle 2

### BODYBUILDING

Mon 10h-14h/16h30-21h

Tue 10h-14h/16h30-21h

Wed 12h-14h/16h30-21h S. E MCP

Thu 10h-14h/16h30-21h

Fri 10h00-14h00

### NAGINATA

Tue 20h30-22h00 **Gymnasium**  
Bd des Invalides 214-1160 BXL

Mon 17h30-18h30 S. E Salle 2

### SWIMMING

Wed 12h30-13h45 **Calypso**  
Av. Wiener 60-1170 BXL

### PARKOUR

Tue 20h00-21h15 S. E Salle 4  
21h15-22h30

### SCUBA DIVING

free initiation : 0475.26.21.27 - www.ulbplongee.be

Wed 20h45 **Calypso**  
Av. Wiener 60-1170 BXL

### ROLLER (more informations : www.ulbsports.eu)

Sat 14h00-17h00 Beginners S. E Grand Hall

### SALSA

Tue 20h00-21h00 Beginners S. E Salle 2  
21h00-22h00

Thu 20h00-21h00 Confirmed S. E Grand Hall  
21h00-22h00 Experts

### STEP BASIC

Wed 12h30-13h30 S. E Grand Hall

Thu 17h00-18h00 S. E Grand Hall

### STRETCHING

Wed 19h30-20h30 S. E Dojo  
20h30-21h30

Fri 19h30-20h30 S. E Grand Hall

### TAEKWONDO

Mon 19h30-21h00 S. E Salle 4

Thu 19h00-20h00 S. E Salle 4

Fri 19h00-20h30 S. E Salle 4

### TAI CHI CHUAN

Mon 12h00-13h30 (Beginners) S. E Salle 2

Fri 18h00-19h00 (Confirmed) S. E Salle 2

### TANGO

Mon 18h00-19h30 (Confirmed) S. E Salle 4

Tue 12h15-13h45 (Beginners) S. E Salle 2

### TENNIS

Mon 17h30-19h00 (Confirmed) F.S.S. Salle H1

Thu 18h00-19h30 (Beginners) F.S.S. Salle H1.1 – 1.2

### TABLE TENNIS

Mon 21h00-22h30 S. E Salle 4

Wed 12h00-14h00 S. E Salle 4

Thu 17h00-19h00 S. E Salle 4

### THUY PHAP

Sat 11h00-12h30 S. E Salle 2

### VOLLEYBALL

Wed 12h-13h/13h-14h S. E Grand Hall

Thu 21h30-22h30 S. E Grand Hall  
22h30-23h30

Fri 12h30-13h30 S. E Grand Hall

### YOGA

Mon 12h30-13h30 S. E Dojo

18h30-20h00 S. E Dojo

Tue 16h30-18h00 S. E Salle 2

Thu 18h00-19h00 S. E Dojo

Fri 12h30-13h30 S. E Dojo

### ZUMBA

Mon 19h00-20h00 S. E Grand Hall

Tue 19h00-20h00 S. E Grand Hall

Thu 12h30-13h30 S. E Salle 4

Thu 19h00-20h00 S. E Grand Hall

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