

SAISON 2025-2026 - ACTIVITES SPORTIVES PROPOSEES DANS LES INFRASTRUCTURES COMMUNALES DE FOREST

| Discipline | Sport | Public | Infra | Horaire | Organisateur |
|------------------|----------------------|----------------------------|---|---|--|
| Arts martiaux | Arts martiaux | Ados (13-26 ans) | Hall Van Volxem | Lundi/ Vendredi/ Samedi (20h-21h30) / Mercredi filles(17h-18h) | Maison des Jeunes de Forest Contact: mj_forest@yahoo.com - T: 02 346 24 48 |
| | Karaté- Shotkan | Enfants- Adultes | | Mardi – jeudi (19h-20h) | Woird King Boxe : Contact :nini-1666@hotmail.com |
| | Boxe | Ados féminins (6 à 21 ans) | | Mardi - Jeudi (17h-19h) / Mercredi (10h30-12h30) / Vendredi (10h-12h) | Medina Site: https://medinaforest.be/p-le-sportif Contact: medinasport@hotmail.com |
| | Karaté | Enfants (3-12 ans) | | Mercredi (13h-17h) / Jeudi (16h-17h) | Service Parascolaire de la Commune de Forest Infos: https://forest.brussels/fr/demarches/famille/inscription-activites-parascolaires Contact: service_parascolaire@forest.brussels – T: 02/334 72 93 |
| | Taekwondo | Enfants | Salle du Bempt | Mardi / Jeudi (18h-19h30) | Vigy Gym Contact: dounia.ch73@hotmail.com |
| Ados (-18 ans) | | Hall Van Volxem | Lundi – mercredi (18h-20h) | Taekwondo Chabeb Contact: taekwondochabeb@hotmail.be | |
| Athlétisme | Ado et adultes Mixte | Stade Bertelson | Lundi et vendredi / Samedi et dimanche (17h-20h / 10h à 13h) | Cercle Sportif La Forestoise Athlétisme Infos: www.cslaforestoise.be Contact: cfinscriptions@gmail.com | |
| | | Petit Palais des sports | Lundi et mardi (15h30 à 17h) | | |
| | | Hall Van Volxem | Samedi et dimanche (09h à 12h) | | |
| Basketball | Ados & Adultes | Petit Palais des Sports | Ados: Mardi / Mercredi (17h-20h) / Jeudi (17h-20h) / Samedi (12h-20h) / Dimanche (9h-15h) Adultes: Mardi / Mercredi / Samedi (20h-22h) | ASSA Infos: www.saintaugustin-basket.be Contact: tresorier.saintaugustin@gmail.com | |
| | | | Ados : Jeudi (18h-21h) Samedi -Dimanche (9h-18h) Adultes : Jeudi et dimanche (21h00 - 22h / 13h-16h) | Black Devils Contact: info@blackdevilsvorst.be | |
| Foot en marchant | Séniors | Petit Palais des Sports | Mercredi (10h30-13h) | Service Séniors de la Commune de Forest Infos : https://forest.brussels/fr/themes/enfance-jeunesse-seniors/seniors/centres-pour-seniors Contact : infoseniors@forest.brussels | |
| Football | Ados & Adultes | CS Bempt | Lundi au dimanche (18h-22h) | Olympic CF Contact: youssef.eaz@gmail.com | |
| | | | Lundi au dimanche | Renaissance Sportive Forestoise (RSF) Infos: www.rsforestoise.be Contact: mabtoul.rsforestoise@gmail.com | |
| | Mardi / Jeudi | | Maccabi Infos: www.maccabibrussels.be Contact: hoji@gmail.com | | |
| | Vendredi | | Al Karam Contact: daly-md@hotmail.com | | |
| | Lundi (18h30-20h) | | FC Biens Goalées Contact: camille.vandenabeele@hotmail.com | | |
| | Lundi (20h-21h30) | | Les buts en train Contact: caroline.denis@gmail.com | | |
| | | Lundi (20h-21h30) | EFIE asbl Contact: alessandropreviero@hotmail.ch | | |

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|---------------|------------------|-------------------------------------|-------------------------|--|--|
| | | | | Mercredi / Dimanche (20h-21h30 / 15h-16h30) | Marhaba Solidarity BXL Contact: ajfforest@hotmail.com |
| | | | | Samedi (14h-15h30) | Maccabi BXL Contact: maccabibxl@gmail.com |
| | | | | Samedi (15h30 -17h) | MADIP Contact: frederic@urger.be |
| | | | | Samedi (15h30-17h) | Espoir Jeunesse Forestoise (EJF) Contact: yahyaelyamani96@gmail.com |
| | | | | Samedi (15h30-17h) | FC Tref Contact: fctref@gmail.com |
| | | | | Samedi (15h30-22h) | Maccabi Infos: www.maccabibrussels.be Contact: hoji@gmail.com |
| | | | | Dimanche (13h-14h30) | OS Lusitanos Contact: docaboalex@hotmail.com |
| | | | | Dimanche (13h-15h) | FC Beira - Alta Contact: nunonunomiguel76@gmail.com |
| | | | | Dimanche (13h-15h) | Trois Zero Bolgocam asbl Contact: kambatabue@yahoo.com |
| | | | | Dimanche (13h30-17h) | ASCS Belgium Contact: oussama.azahaf@hotmail.fr |
| Hockey | | Ados (-18 ans) | Salle du Bempt | Jeudi (17h-18h) | Growing by Hockey Contact: growingbyhockey@gmail.com |
| | | Enfants (3-12 ans) | Hall Van Volxem | Mardi (16h30-18h) | Service Parascolaire de la Commune de Forest Infos: https://forest.brussels/fr/demarches/famille/inscription-activites-parascolaires T: 02/334 72 93 |
| | | | Salle du Bempt | Mardi (13h-17h) | |
| | | Enfants (6-18 ans) | Hall Van Volxem | Mardi / Jeudi (18h-19h / 20h 21h) | Maison des Jeunes de Forest Contact: mj_forest@yahoo.com - T: 02 348 24 48 |
| | | | Salle du Bempt | Mardi / Samedi et dimanche (20h-21h30 / 10h-14h) | Medina Infos: https://medinaforest.be/p-le-sportif Contact: medinasport@hotmail.com |
| | | | Hall Van Volxem | Samedi (15h-21h) | UDF Contact: anouareco570@hotmail.com |
| | Mini Foot | Ados & Adultes | Hall Van Volxem | Dimanche (15h-17h) | Dar Salam Contact: moh.darsalam@hotmail.com |
| | | | Petit Palais des Sports | Lundi (20h-21h) | Mini Bulle Contact: henri.salez@telenet.be |
| | | | Hall Van Volxem | Mardi / Jeudi (18h-19h / 20h 21h) | Maison des Jeunes de Forest Contact: mj_forest@yahoo.com - T: 02 348 24 48 |
| | | | Salle du Bempt | Mardi (17h-18h) | Educ'Active Contact: youssef.eaz@gmail.com |
| | | Mercredi / Vendredi (19h- 20h) | | Oasis de Forest Infos: www.apsoasis.be Contact: team.oasis.forest@gmail.com | |
| | | Samedi (17h-19h) Mercredi (21h-22h) | | IHP Contact: ihp.asbl@outlook.com | |
| | | Lundi (18h-19h) | | FC MARBEL Contact: ayanada@hotmail.it | |
| Ballon | | | | | |

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| Ballons | Mini foot | Adultes | | Mercredi / Samedi et dimanche (18h-19h / 19h- 20h) | Les randonneurs de Forest Contact: brahimboulahmoum@hotmail.com | | |
| | | | Hall Van Volxem | Lundi (21h-22h) | Lakhmas Contact: lakhmas@outlook.be | | |
| | | | Salle du Bempt | Lundi / Mercredi & vendredi / Samedi (19h-20h / 20h- 21h30 / 20h-21h) | MJF Redstar Forest Contact: elhani-mohammed@hotmail.com | | |
| | | | | Lundi / Vendredi (20h-21h30 / 21h-22h30) | IHP Contact: ihp.asbl@outlook.com | | |
| | | | Petit Palais des Sports | Lundi / Vendredi (21h-22h / 20h-21h) | Mini Bulle Contact: henri.salez@telenet.be | | |
| | | | Hall Van Volxem | Mardi (21h-22h) | Barca Contact: taoufikmaimouni@hotmail.com | | |
| | | | | Mercredi (20h-21h) | Renaissance Sportive Forestoise (RSF) Infos: www.rsforestoise.be Contact: mabtoul.rsforestoise@gmail.com | | |
| | | | | Samedi (11h30-12h30) | Baladi Contact: bilal.baladi@gmail.com | | |
| | | | | Mercredi et samedi (21h-22h) | Amis Futsal Forest Contact: bachir.abdelkader@outlook.be | | |
| | | | | Vendredi (16h-17h30) | Antoine Bazantay Contact: antoinebazantay@gmail.com | | |
| | | | | Vendredi (19h-20h30) | Atlas Contact: elmoqaddam@hotmail.fr | | |
| | | | | Vendredi (20h30-21h30) | Alouat Contact: sousoufcb@hotmail.com | | |
| | | | | Jeudi (21h-22h) | Hercules Contact: mediaforest@hotmail.com | | |
| | | | | Dimanche (14h-15h) | Ibn Massoud Contact: hicham.aitsaid@hotmail.com | | |
| | | | | Dimanche (17h-18h) | ECHO et CULTURE Contact: hicham.aitsaid@hotmail.com | | |
| | | | | Lundi / Mercredi / (18h-20h / 13h-14h) | Educ'Active Contact: youssef.eaz@gmail.com | | |
| | | | | Dimanche (18h-19h) | Délice Foot Contact: nour-2712@hotmail.com | | |
| | | | | Jeudi (21h-22h) | Hercules Contact: medinaforest@hotmail.com | | |
| | | | | Petit Palais des Sports | Dimanche (20h30-22h) | FC Adama Contact: jakijack@yahoo.fr | |
| | | | | Adultes - Femmes | Salle du Bempt | Mercredi / Vendredi (10h- 12h30) | Medina Infos: https://medinaforest.be/p-le-sportif Contact: medinasport@hotmail.com |
| | | | Rugby | Enfants (5-6 ans) | CS Bempt | Mercredi / Samedi (18h30 - 20h / 10h-12h) | Rugby Club de Forest Contact: info@rugbyforest.be |
| | | | | | | Mercredi & Vendredi (20h - 22h) | |
| | | | | | | Dimanche (14h-16h30) | |
| Adultes | | | | | | | |

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| GYMNASTIQUE | Gymnastique sportive | Enfants (3-13 ans) | Petit Palais des Sports | Vendredi (17h-20h) / Samedi (9h-12h) | La Royale Forestoise de Gymnastique Infos: www.royaleforestoise.com Contact: materna.jacky@skynet.be |
| | Gymnastique olympique | Enfants et ados (5-16 ans) | | Lundi / Mercredi (17h-19h / 14h-17h) | Olympic Club asbl Contact: joelle.dekeukeleire@yahoo.fr |
| | Gymnastique d'entretien | Adultes - Femmes | | Lundi / Mercredi / Vendredi (19h-20h / 9h30-10h30 / 10h-12h) | |
| | Zumba | Adultes | Hall Van Volxem | Mercredi (18h-19h) | Joanna Calligaro Infos: https://www.zumba.com/fr-FR/p/joanna-calligaro/1375500 Contact: joanna.caligaro@gmail.com |