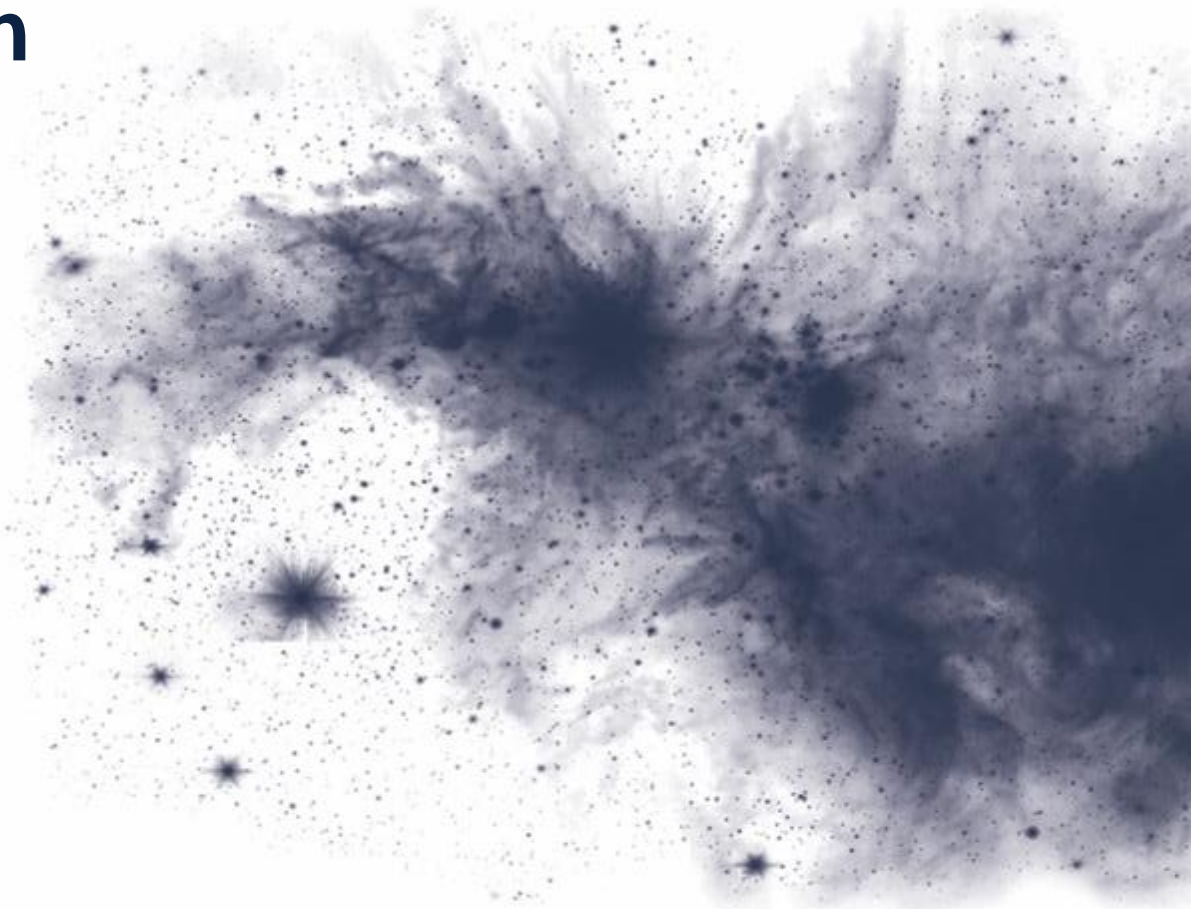


KTU Sports and Wellness center / ACTIVATed presentation

Sports and
Physical
activity
opportunities
at University

September 04, 2019



Leisure sports activities

sportas.ktu.edu



Basketball

Football

Volleyball

Beach volleyball

Badminton

Athletics trainings

Cricket



Sports and wellness center, 2019

Sports club „Activated“ sportas.ktu.edu



Free weights zone

Boxing and TRX halls

**Cardio and strength
equipment**

Group sport trainings

- Fitness
- Step + power
- Functional training
- Pilates
- TRX workout
- Tabata
- Callanetics
- Balls



Sports and wellness center, 2019

Timetables and Reservation



Sports club „Activated“

<https://sportoklubas.ktu.edu/>

Leisure sport activities

<https://sports.ktu.edu/leisure/>

Sport teams



Basketball (Men)

Volleyball (Women)

Football

Powerlifting

Aerobic gymnastics

Badminton

Athletics

Judo and Sambo



Sports facilities



Sports hall rent

<https://sports.ktu.edu/sports-facilities/>



Sports and wellness center, 2019

sports.ktu.edu



KTU Sporto ir sveikatingumo
centras/KTU Sports and wellness
center



sporto.centras@ktu.lt