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Sport and Wellness Centre

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Sport and Wellness Centre



- Non-academic department of **Kaunas university of technology**
- **Open to all** - students, staff and alumni
- Promoting active and healthy lifestyle
- **11 sports and exercise facilities** at all levels
- Multi-skilled coaching staff
- Wide variety of **sporting activities**
- Organising sport events and inside competitions
- Close collaboration with various student sports associations
- Training high performance athletes - **national and international level**



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Sports Facilities





We are SOCIAL



FACEBOOK PAGE
#KTU Sports and Wellness Centre



WEBPAGE
SPORTS.KTU.EDU



INSTAGRAM
@KTUACTIVATED



CHANNEL
KTU Sporto ir sveikatingumo centras

Leisure Sports



Football



Basketball



Athletics



Badminton



Volleyball



Tennis



Cricket



Climbing



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Fitness Gym

Time Limit: 1 hr 30min

Group workouts:

- Pilates
- Callanetics
- Strength
- TRX
- Aerobics etc.

Register to Class:

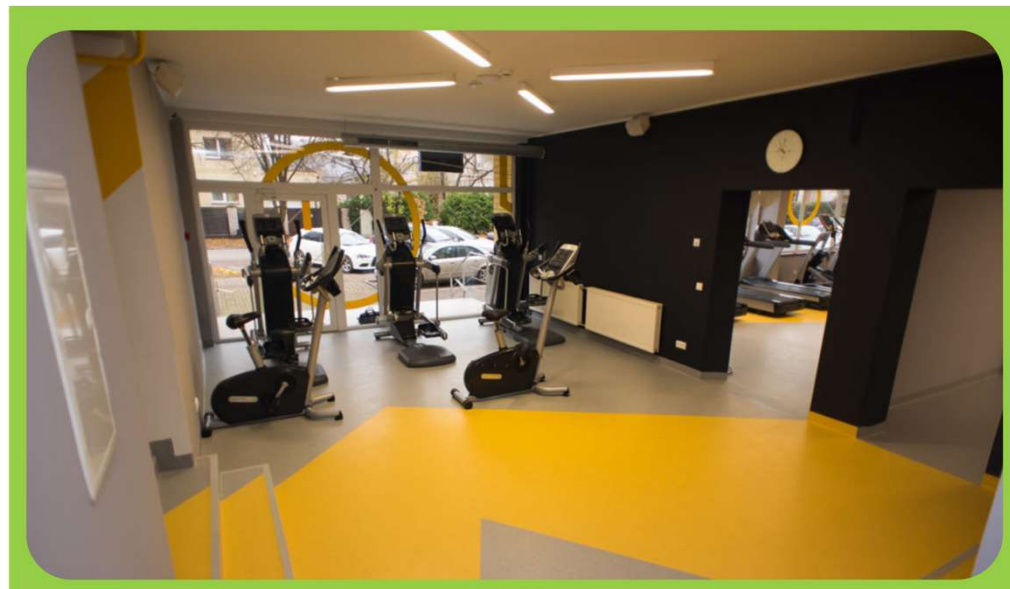
activated@ktu.it

Timetable:

sportoklubas.ktu.edu



REGISTER TO FITNESS GYM
SPORTOKLUBAS.KTU.EDU



Sport Events



Inerfaculty Competitions

Public Events



Partner Events

Other Tournaments



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Sports Teams

- 15 Sports
- Team Selection:
September/ October
- Coaching Staff –
Contact [INFO](#)



Basketball



Track & Field



Badminton



Greek-Roman
Wrestling



Aerobics
Gymnastics



Tennis



Chess



Football



Volleyball



Strength
Sports



Judo & Sumo



Table Tennis



Orienteering



Radio Club

Lockdown Activities



UNIVERSITIES CHALLENGE
#WALK15 STEPSAPP



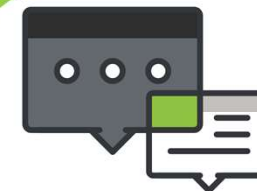
NORDIC POLES
FREE RENTALS



ONLINE WORKOUTS
@ ZOOM



KTU ACTIVATed
STRAVA CLUB



**REMOTE
CONSULTATION**
SPORTS & HEALTH

Contact Information



- Webpage - sports.ktu.edu
- General Inquiries – sporto.centras@ktu.lt
- Fitness Gym Timetable/ Registration - sportoklubas.ktu.edu
- Group Workout Registration – activated@ktu.lt
- Other Inquiries and Questions – ruta.kemzuraite@ktu.lt



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JOIN US



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