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Sport and Wellness Centre



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



KTUACTIVATed



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

Sports Facilities



Leisure Sports



Football



Basketball



Athletics



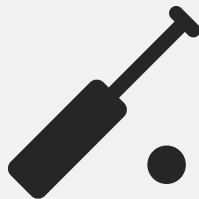
Badminton



Volleyball



Tennis



Cricket



Climbing

Leisure Sports activities Timetable



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Laisvalaikio sportas | Leisure Sports

	PIR MON	ANT TUE	TRE WED	KET THU	PEN FRI	SEK SUN
FUTBOLAS FOOTBALL	16:00 - 19:00	16:00 - 19:00	16:00 - 18:30			
BANMINTONAS BADMINTON		16:00 - 17:30	16:00 - 17:30		15:00 - 16:30	
TINKLINIS VOLLEYBALL	16:00 - 17:30			16:00 - 17:30		
LENGVOJI ATLETIKA ATHLETICS	17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	17:00 - 18:00	
KREPŠINIS BASKETBALL		15:30 - 17:30		16:30 - 18:00		
TENISAS TENNIS		13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	13:00 - 14:00	
KRIKETAS CRICKET	20:00 - 21:30					14:30 - 17:00
LAIPIOJIMAS UOLOMIS ROCK CLIMBING		20:00 - 21:30			13:30 - 15:00	
ŠIAURIETIŠKAS ĖJIMAS NORDIC WALKING	12:30 - 14:30		12:30 - 14:30		12:30 - 14:30	



REGISTRACIJA | REGISTRATION: sporto.centras@ktu.lt





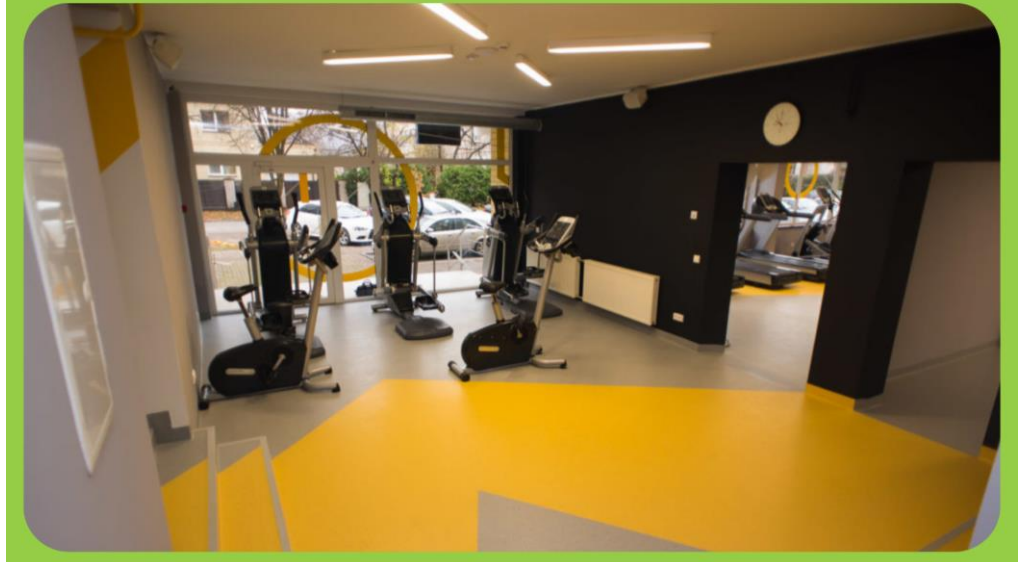
KTU ACTIVATed Gym

REGISTRATION:

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

Time Limit: 1 hr 30min

!Remember to follow Rules of Procedure of the gym.



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GROUP WORKOUTS

- Pilates
- Callanetics
- Tabata
- Ball workout
- Yoga
- Strength
- Circuit training
- TRX (suspension training)
- Body design

REGISTRATION:

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REMOTE workouts:



KTU AKTYVIAI



	PIR MON	ANT TUE	TRE WED	KET THU	PEN FRI
8:00	PILATESAS PILATES		PILATESAS PILATES		
8:30	(IRINA)		(IRINA)	MANKŠTA NUOTOLINĖ I REMOTE (IEVA)	
09:30					
10:30		JĖGOS TRENIRUOTĖ NUOTOLINĖ I REMOTE (IEVA)			TRX (IEVA)
11:00					
11:30					
12:00	KAMUOLIAI BALL WORKOUT	KALANETIKA CALLANETICS	TRX (IEVA)	KŪNO DIZAINAS BODY DESIGN (IEVA)	KALANETIKA CALLANETICS (IEVA)
12:30	(IEVA)	(IEVA)			
13:00					
13:30	TABATA			TRENIRUOTĖ RATU CIRCUIT TRAINING	
14:00	(IEVA)		TABATA NUOTOLIUI I REMOTE (IEVA)	(IEVA)	
14:30					
15:00					
15:30		TRX (ERNESTA)		TRX (ERNESTA)	
16:00					
16:30					
17:15		KŪNO DIZAINAS BODY DESIGN (IEVA)	PILATESAS PILATES (IRINA)	TRX (IEVA)	
17:30					
18:00	KALANETIKA NUOTOLINĖ I REMOTE (IEVA)			KALANETIKA NUOTOLINĖ I REMOTE (IEVA)	
18:15					
18:30		JOGA YOGA (DIANA)			JOGA YOGA (DIANA)
19:00					
19:30					

Upcoming Events | spring semester 2022

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1922

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Rektoriaus Taurė 2022
Rector's Cup 2022



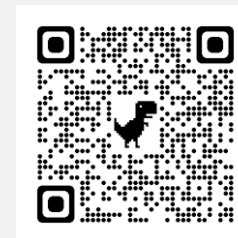
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Basketball tournament
Rector's Cup 2022



Barakiada 2022



Spring Badminton
Competition

KTU Football Tournament

Spring Chess Tournament

Spring Beach Volleyball
competition

KTU KREPŠINIO TURNYRAS
BASKETBALL TOURNAMENT

Kovo 2 dieną

Registracija į turnyrą vyksta iki vasario 21 dienos

March 2

Registration for the tournament until February 21st

Turnyras skirtas visai KTU bendruomenei (darbuotojams, studentams bei KTU Gimnazijos moksleiviams ir darbuotojams)

Daugiau informacijos apie turnyrą adresu sportas.ktu.edu

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Sports Teams

- 15 Sports
- Coaching Staff –
Contact [INFO](#)
- Register via email:
sporto.centras@ktu.lt



Basketball



Track & Field



Badminton



Greco-Roman
& Freestyle
Wrestling



Aerobic
Gymnastics



Tennis



Chess



Football



Volleyball



Strength
Sports



Judo & Sambo



Table Tennis



Orienteering



Radio Sport

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



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