



activat^{ed}

KTU SPORTS AND WELLNESS CENTRE



sports.ktu.edu



KTU ACTIVATed



@ktuactivated

Sports and Wellness centre

KTU Sports and Wellness Centre – is a non-academic department of **Kaunas University of Technology**

Promoting an active and healthy lifestyle:

- Training high-performance athletes in different student sports teams - **national and international level**
- Organising sports events and inside competitions
- Organising leisure sports activities - **open to all** (students, staff)



Sports facilities



Leisure sports activities and timetable



Football



Basketball



Athletics



Badminton



Volleyball



Rock
climbing



Cricket



Tennis



Table tennis

Registration: **activated@ktu.lt**

You can register for the current month -
registrations are expected until the 5th of
that month.



Location: A. Purėno g. 18, Kaunas

Registration: sportoklubas.ktu.edu/

Time limit: 1 hr 30min

Remember to follow the [Rules of Procedure of the gym:](#)

1. Everyone who wishes to visit the Gym has to register in advance in the online reservation system. Upon arrival at the gym, you must present your student ID or other personal document at the reception
2. In the training area, the visitors are prohibited to: eat, **wear outdoor footwear**, throw the disks of the barbells and weights on the floor, use the non-functioning training equipment.
3. The penalties are imposed on the visitor who registers and fails to attend the training session twice or leave the Gym on the set time.



Group workouts

Location: A. Purėno g. 18, Kaunas

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

Registration: sportoklubas.ktu.edu/

Remote workouts: facebook group [KTU AKTYViai](#)



Sports teams

Contact the coaching staff for more information about each sports team.



Head of the student sports teams

Virginija Puodžiukynienė

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Basketball



Football



Volleyball



Strength
Sports



Judo & Sambo



Greco-Roman
& Freestyle
Wrestling



Track & Field



Badminton



Aerobic
Gymnastics

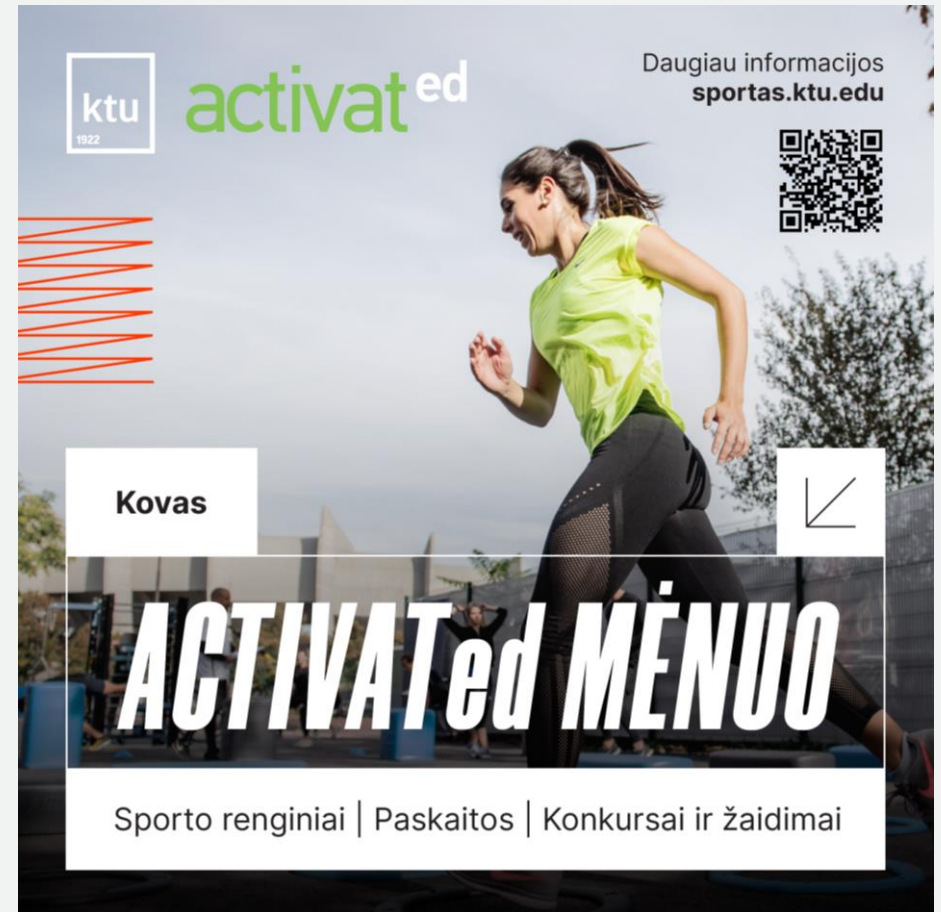


Orienteering

Upcoming event

This March, we are organising **ACTIVATed Month** – many leisure sports and wellness events:

- ✓ Contests and games
- ✓ Educational sports classes and workouts
- ✓ Fitness and health lectures



Contact information

Webpage sports.ktu.edu

General inquiries sporto.centras@ktu.lt

KTU ACIVATed gym and group workouts timetable/registration sportoklubas.ktu.edu

Leisure sports activities registration activated@ktu.lt

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