



activated



KAUNAS UNIVERSITY OF TECHNOLOGY

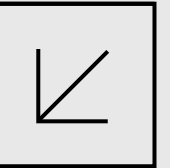
SPORTS AND WELLNESS CENTRE



Sports and Wellness Centre



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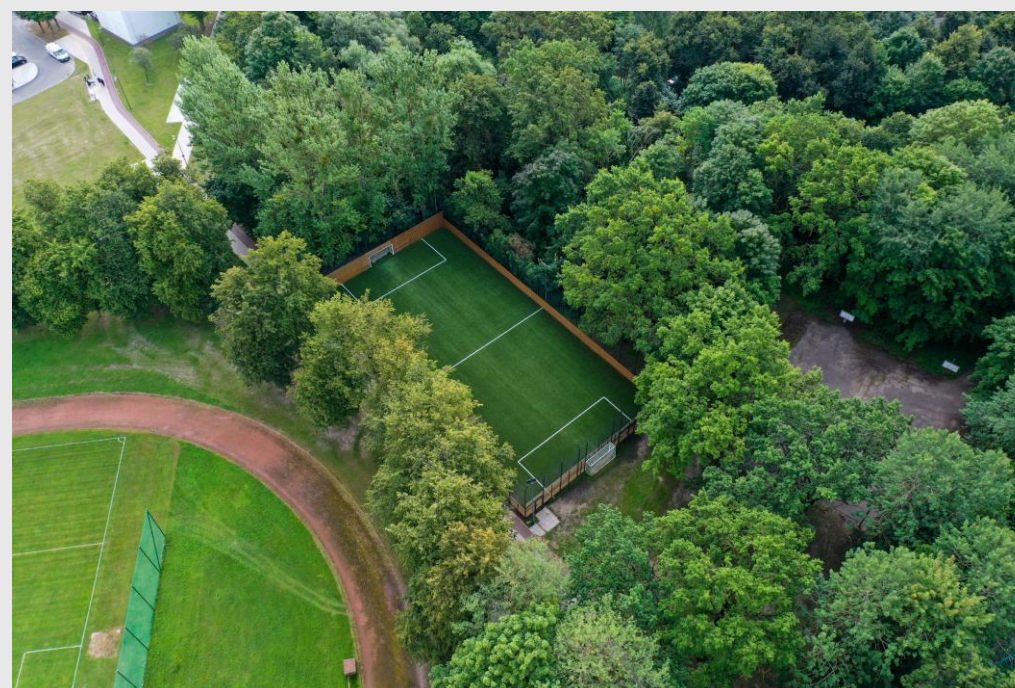
KTU Sports and Wellness Centre – is a non-academic department of **Kaunas University of Technology**

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



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Football



Basketball



Athletics



Badminton



Volleyball



Rock climbing



Cricket



Tennis

Registration: activated@ktu.lt

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

More information



ACTIVATed gym



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Location: A. Purėno g. 18, Kaunas

Time limit: 1 hr 30 min

Registration



Remember to follow the Gym Rules:

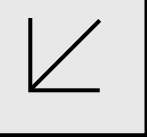
- Register in advance via the online reservation system and present your student ID or another ID upon arrival.
- In the training area, no food, outdoor footwear, dropping weights, or use of out-of-order equipment is allowed.
- Penalties apply if you miss a registered session twice or fail to leave the Gym on time.



Group workouts



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Location: A. Purėno g. 18, Kaunas

More information



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



Sports teams



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Football



Basketball



Badminton



Orienteering



Volleyball



Aerobic
gymnastics



Powerlifting, judo,
sambo, wrestling



Athletics

Head of Sports Teams Unit

Aistė Radvilavičiūtė

aiste.radvilaviciute@ktu.lt

More information



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

Upcoming events

Ateik ir įveik!



**ATEIK IR
ĮVEIK**

KTU STADIUM

19TH OF SEPTEMBER

**IN MEMORY OF
PROF.
K. BARŠAUSKAS**

DISTANCES
5 km
10 km

2026

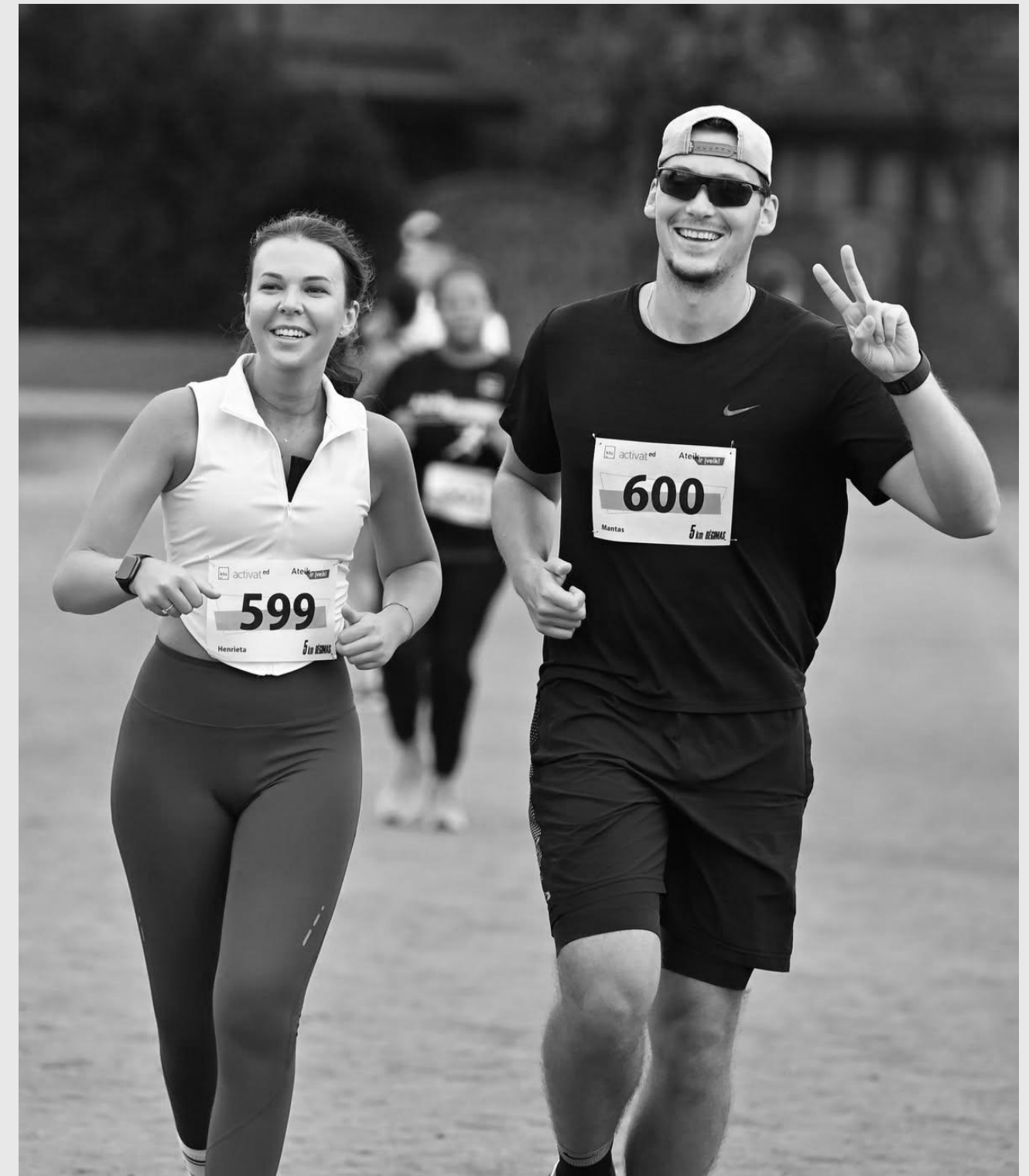
Šiomet 5 distancijos:



- 200 m vaikų (su kliūtimis) bėgimo trasa;
- 5 km bėgimo trasa;
- 5 km bėgimo trasa (su šunimis);
- 5 km ėjimo trasa;
- 10 km bėgimo trasa.

NAUJIENA – 5 km bėgimas su šunimis!

Ateik ir įveik!



Socialinė iniciatyva



Dalis iš dalyvių startinio mokesčio surinktų lėšų bus skirta **gyvūnų prieglaudai**.



Ateik
ir įveik!

Trasos schema

Trasa driekiasi per:

*KTU stadioną → Ažuolyno parką
→ Dainų slėnį → KTU stadioną*

5 KM

Vienas ratas

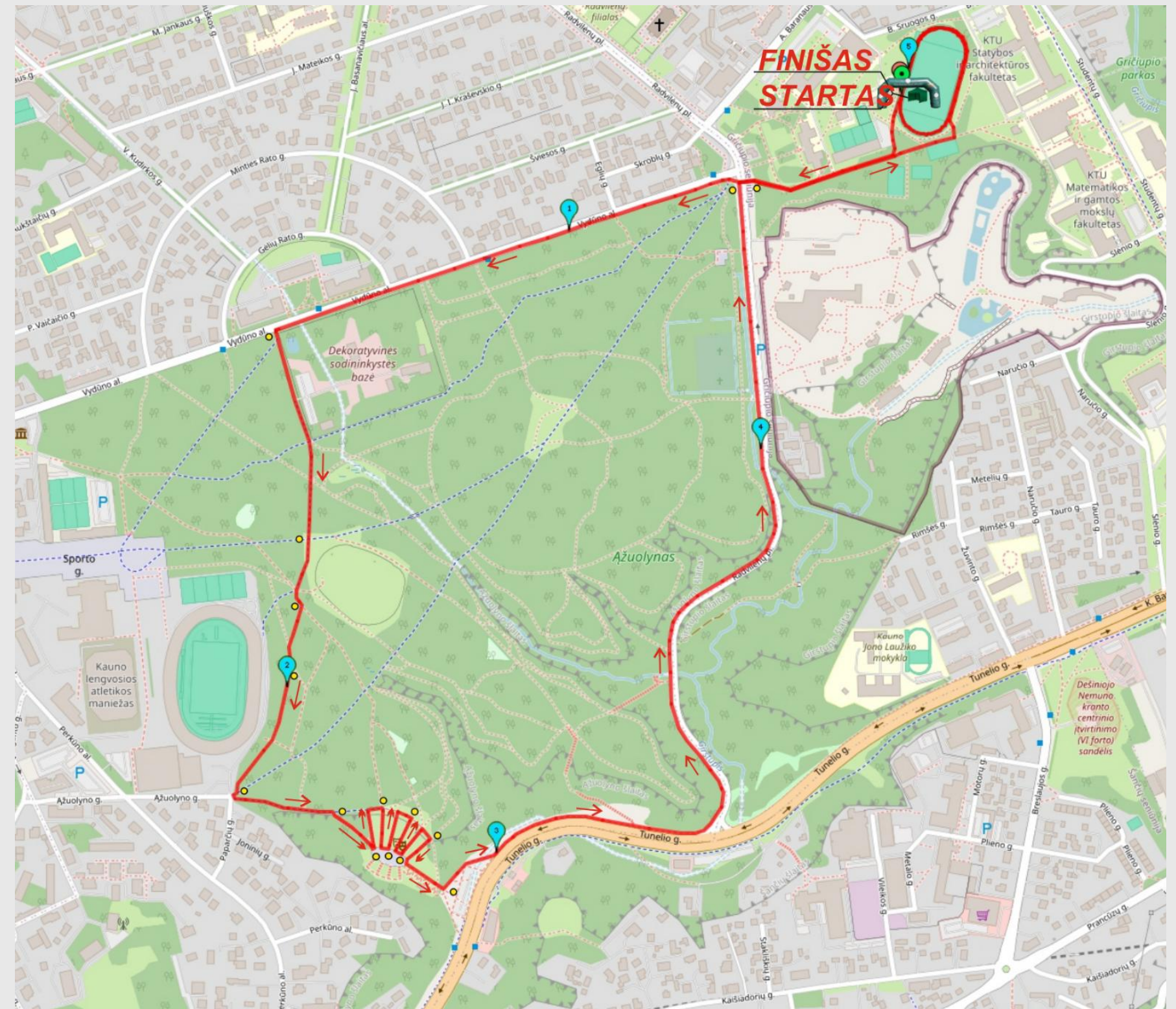
10 KM

Du ratai

STARTAS / FINIŠAS

KTU stadionas

Ateik ir įveik!



Upcoming events

Ateik ir įveik!



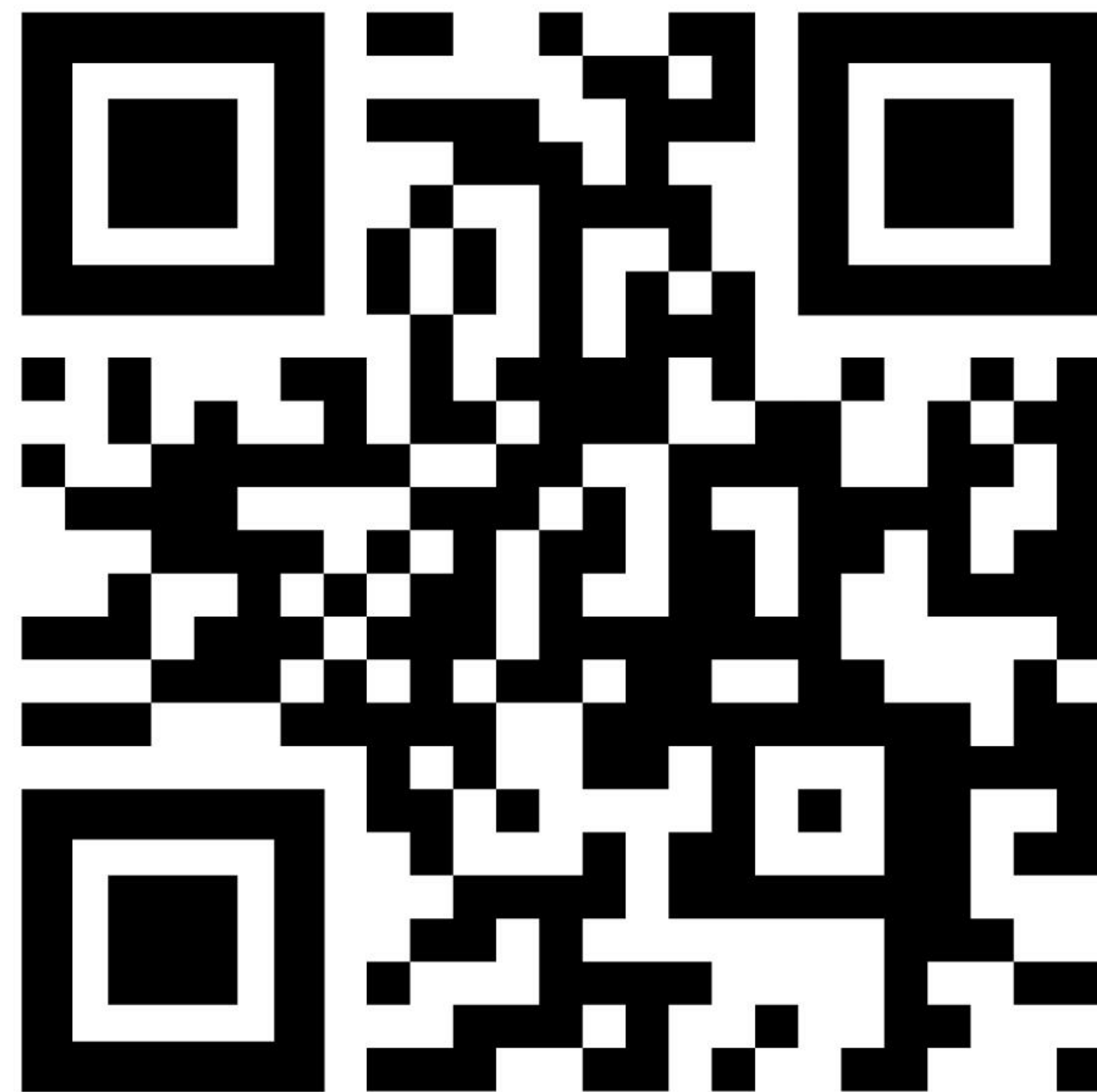
ATEIK IR ĮVEIK

KTU STADIUM

19TH OF SEPTEMBER

/IN MEMORY OF
PROF.
K. BARŠAUSKAS
/DISTANCES
5 km
10 km

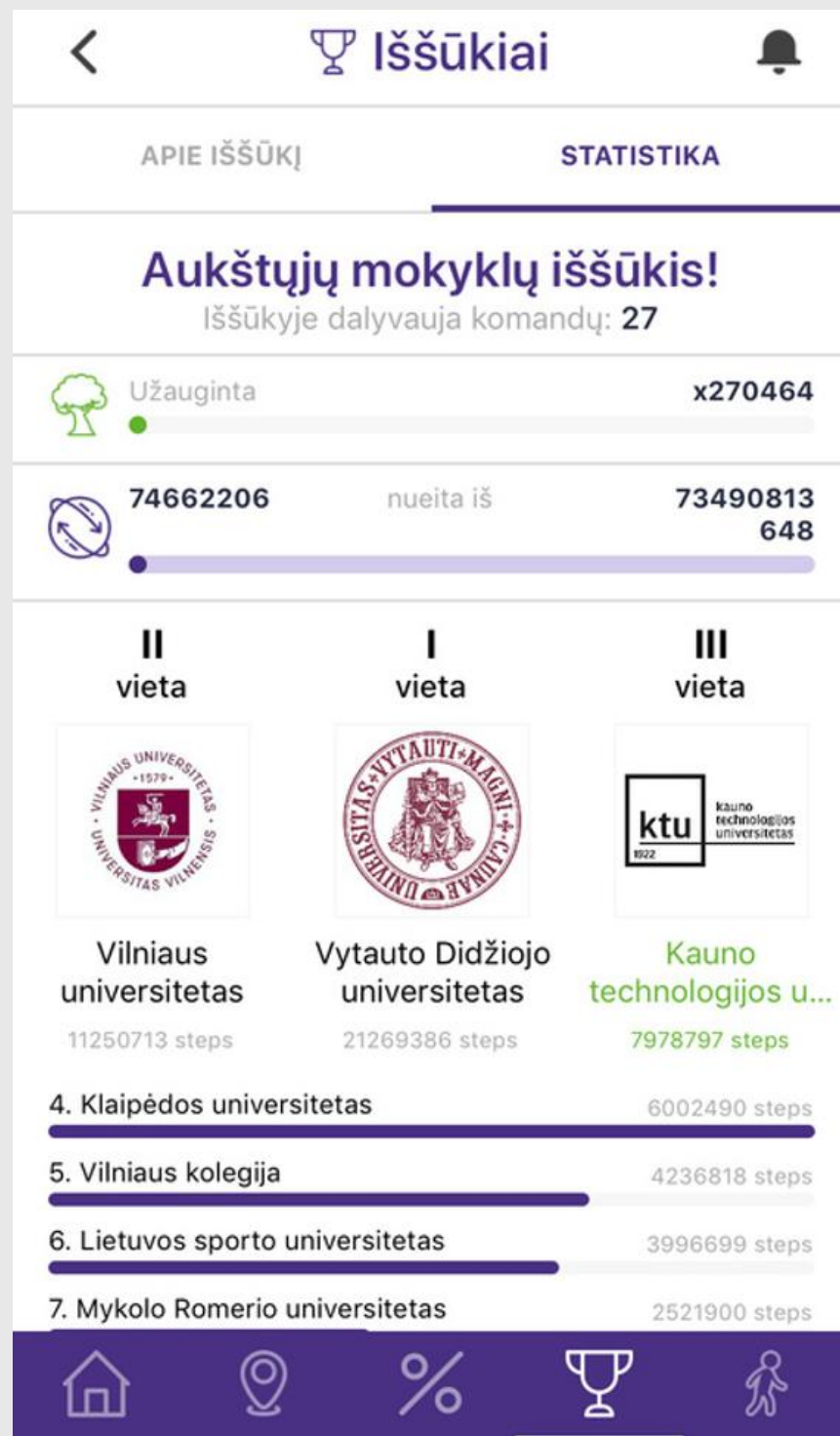
2026



Upcoming events



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#WALK15

National Mobility challenge

SEP 16 – NOV 16

EVERY STEP COUNTS

Upcoming events



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KTU Rector's Cup

*Traditional basketball tournament for KTU students and staff
October–December*



Upcoming events



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Christmas Tournaments

Every December, KTU Sports and Wellness Centre invites the KTU community to take part in Christmas sports competitions.

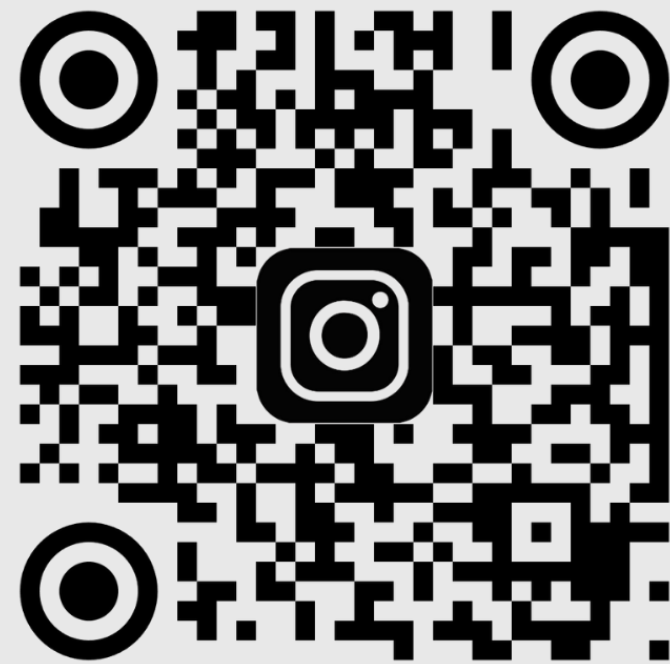
Volleyball 4×4 Badminton 2×2 Rock Climbing



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ACTIVATE YOURSELF

