

The logo for ktu is contained within a black square border. It features the lowercase letters 'ktu' in a bold, black, sans-serif font.

ktu

1922

The word 'ACTIVATed' is written in a large, bold, green, sans-serif font. The letters 'ACTIVAT' are in all caps, while 'ed' is in lowercase.

ACTIVATed

Aktyviam Gyvenimui | Active Lifestyle

The background features several large, faceted, geometric shapes in shades of orange, red, and blue, resembling crystals or gemstones, positioned at the top and bottom corners.



activat^{ed}

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 - 22:00					14:30 - 17:00
LAIPIOJIMAS UOLOMIS ROCK CLIMBING		20:00 - 21:30			15:00 - 16:30	
ŠIAURIETIŠKAS ĖJIMAS NORDIC WALKING	15:30 - 17:00 17:30 - 19:00		15:30 - 17:00 17:30 - 19:00		15:30 - 17:00 17:30 - 19:00	



REGISTRACIJA | REGISTRATION: sporto.centras@ktu.lt

	PIR MON	ANT TUE	TRE WED	KET THU	PEN FRI
8:00	PILATESAS PILATES		PILATESAS PILATES		
9:00	(IRINA)	SVEIKATINGUMO MANKŠTA PHYSIOTHERAPY EXCERCISE	(IRINA)	SVEIKATINGUMO MANKŠTA PHYSIOTHERAPY EXCERCISE	
9:30					TRX
10:00		(LORETA)		(LORETA)	(IEVA)
10:30		TABATA			
11:00		(IEVA)			
11:30			TRX		
12:00	KAMUOLIAI BALL WORKOUT	KALANETIKA CALLANETICS	(IEVA)	KŪNO DIZAINAS BODY DESIGN	KALANETIKA CALLANETICS
12:30	(IEVA)	(IEVA)		(IEVA)	(IEVA)
13:00					
15:30	TABATA	TRX		TRX	
16:00	(IEVA)	(ERNESTA)		(ERNESTA)	
16:30					
17:00				TRENIRUOTĖ RATU CIRCUIT TRAINING	
17:15		KŪNO DIZAINAS BODY DESIGN		(IEVA)	
17:30		(IEVA)	KALANETIKA CALLANETICS		
18:00			(IEVA)		
18:15	KALANETIKA NUOTOLINĖ REMOTE			KALANETIKA NUOTOLINĖ REMOTE	
18:30					
19:00	(IEVA)			(IEVA)	