

MOVEO



MOVEO

is a sports and wellness service for LUT University's and LAB University of Applied Sciences' **students and staff.**

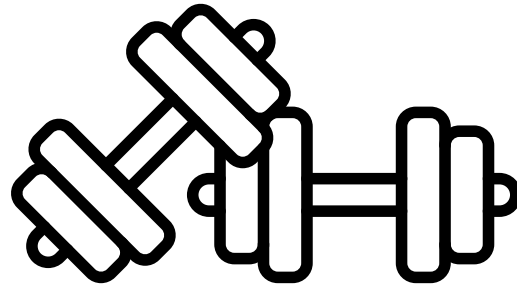
MOVEO operates on both Lappeenranta and Lahti campuses, providing sports facilities, services and experiences.



OPPORTUNITIES AND SERVICES



GROUP EXERCISE



GYM



BALL GAMES

30 € / semester





Group exercise calendar Autumn semester 2025

Mon	Tue	Wed	Thu	Fri
Kettlebell 16.15-17.00 LAB Sports hall Section 1 MMA 17.00-19.00 LUT Sports hall Flow 17.15-18.00 LAB Sports hall Section 1 Yoga 17.15-18.00 Class 8240 Show/Commercial Dance 17.20-18.20 LAB Sports hall Section 3	Muay Thai 16.00-18.00 LUT Sports hall Bachata-Dance 16.15-17.00 LAB Sports hall Section 3 Easy group 16.15-17.15 LAB Sports hall Section 1 Hip hop & Street dance 17.05-18.15 LAB Sports hall Section 3	Brasilian Jiu-Jitsu 16.00-18.00 LUT Sports hall Power 16.15-17.10 LAB Sports hall Section 1 Splits 16.15-17.00 LAB Sports hall Section 2 Ballet 16.15-17.15 LAB Sports hall Section 3 Flow 17.15-18.15 LAB Sports hall Section 1 Oriental dance 17.25-18.25 LAB Sports hall Section 3 Yoga 16.15-17.15 Class 8240	Capoeira 15.00-17.00 LUT Sports hall Bachata Lady Style 16.10-17.10 LAB Sports hall Section 3 Easy group 16.15-17.15 LAB Sports hall Section 2 Yin Yoga 16.15-17.30 Class 8240 Fitness boxing 17.00-18.15 LAB Sports hall Section 1 K-pop Dance 17.15-18.25 LAB Sports hall Section 3 Core 17.30-18.15 LAB Sports hall Section 2	Glutes & Abs 16.15-17.00 Section 1 Ballet 16.15-17.15 LAB Sports hall Section 3 Stretching & Recovery 17.05-17.35 Section 1 Modern Dance 17.25-18.25 LAB Sports hall Section 3

Sections 1-3 are in the LAB Sports hall (LAB-building). Yoga classes are in the second floor of LAB Building.

MMA, Jiu Jitsu, Muay Thai and Capoeira are in LUT Sports hall.

MOVEO membership and booking is required to attend the classes. Book your spot at www.avoinna24.fi/moveo/reservation

Classes are running until December 12th, 2025.





LUT Sports hall

Autumn semester 2025

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8	Badminton/Table tennis	STAFF Taiji 7.30-9.00	Badminton/Table tennis	Badminton/Table tennis	Badminton/Table tennis	Sports reservation	Sports reservation
8-9	Badminton/Table tennis		Badminton/Table tennis	Badminton/Table tennis	Badminton/Table tennis	Sports reservation	Sports reservation
9-10	Badminton/Table tennis	Badminton/Table tennis	Badminton/Table tennis	Badminton/Table tennis	Badminton/Table tennis	Sports reservation	Sports reservation
10-11	Badminton/Table tennis*	Badminton/Table tennis*	Badminton/Table tennis*	Badminton/Table tennis*	Badminton/Table tennis*	Sports reservation	Sports reservation
11-12	Sports reservation*	Badminton/Table tennis*	Badminton/Table tennis*	Badminton/Table tennis*	Badminton/Table tennis*	Sports reservation	Sports reservation
12-13	Sports reservation*	Sports reservation*	Sports reservation*	Sports reservation*	Sports reservation*	Badminton/Table tennis	Badminton/Table tennis
13-14	Badminton/Table tennis*	Sports reservation*	Sports reservation*	Sports reservation*	Sports reservation*	Badminton/Table tennis	Badminton/Table tennis
14-15	Badminton/Table tennis	Badminton/Table tennis	Badminton/Table tennis	Sports reservation	Armatuuri, Sätky, KRK & Pelletti	Badminton/Table tennis	Badminton/Table tennis
15-16	Kaplaaki & Enklaavi	Badminton/Table tennis	Badminton/Table tennis	Capoeira		Badminton/Table tennis	Badminton/Table tennis
16-17		Muay Thai Kickboxing	Brazilian Jiu Jitsu		Sports reservation	Sports reservation	Cricket
17-18	Mixed Martial Arts			Volleyball	Sports reservation	Sports reservation	
18-19		Volleyball	Floorball Women**		Sports reservation	Sports reservation	Sports reservation
19-20	Sports reservation	Parru Basketball**	Floorball	Sports reservation	Cricket	Sports reservation	
20-21	Sports reservation			Sports reservation		Sports reservation	Sports reservation
21-22	Sports reservation			Sports reservation	Sports reservation	Sports reservation	Sports reservation
All services for MOVEO members only. Book your activities at www.avoinna24.fi/moveo/reservation *Designated daytime shifts are reserved for other use for a portion of the season and will not be available. ** In cooperation with Parru Ry Schedule in effect until 12.12.2025.							



MOVEO

LAB Sports hall calendar Autumn semester 2025

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16.00-18.30	Group exercise	Group exercise	Group exercise	Group exercise	Group exercise	Reservable slots 8.00-22.00	Reservable slots 8.00-22.00
18.30-20.00	Basketball	Futsal	*Floorball 18.30-20.30	Basketball	Volleyball		
20.00-22.00	Parru FC Men	Parru FC Women	Parru FC 20.30-22.00	Parru Basketball*	Futsal*		

*In collaboration with Parru ry
Group exercise classes and reservable shifts are booked at www.avoinna24.fi/moveo/reservation
All services for MOVEO members only



How can I buy a **MOVEO** membership?

TRIAL WEEK
IN WEEK 36 &
37



www.lutshop.lut.fi

MOVEO

**MOVEO Lappeenranta membership,
student**

30,00 €

VIEW PRODUCT →



**Buy your
membership here!**





Liiku

LIIKUNTA & KULTTUURI

appro

Lappeenranta &
Lahti



@liikuappr



THANK YOU!

