

# MOVED



# 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.

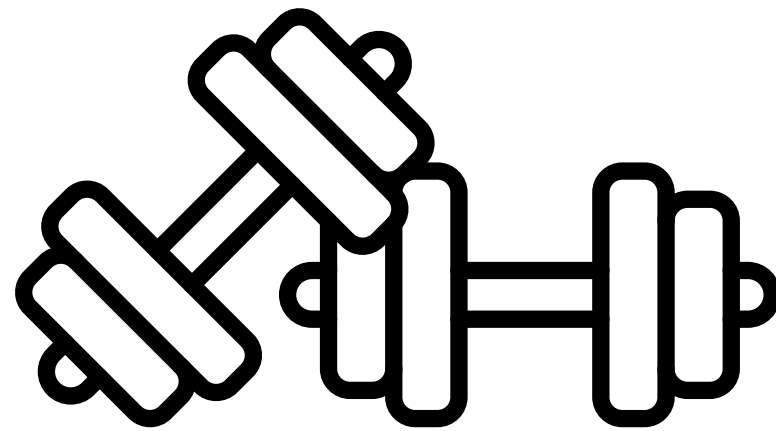




# OPPORTUNITIES AND SERVICES



**GROUP EXERCISE**



**GYM**



**BALL GAMES**

30 € / semester





# MOVEO

## Group exercise calendar Spring semester 2026

Mon	Tue	Wed	Thu	Fri
<p>Kettlebell 16.15-17.00 LAB Sports hall Section 1</p> <p>Show/Commercial Dance 16.15-17.15 LAB Sports hall Section 3</p> <p>MMA 17.00-19.00 LUT Sports hall</p> <p>Flow 17.15-18.00 LAB Sports hall Section 1</p> <p>Yoga 17.15-18.00 Classroom 8240</p>	<p>Muay Thai 16.00-18.00 LUT Sports hall</p> <p>Easy group 16.15-17.15 LAB Sports hall Section 1</p> <p>Bachata Dance 16.15-17.00 LAB Sports hall Section 3</p> <p>Pilates 16.15-17.15 Luokka 8240</p> <p>Hip hop &amp; Street dance 17.05-18.15 LAB Sports hall Section 3</p> <p>Jooga 17.25-18.25 Classroom 8240</p>	<p>Brasilian Jiu-Jitsu 16.00-18.00 LUT Sports hall</p> <p>Power 16.15-17.10 LAB Sports hall Section 1</p> <p>Splits 16.15-17.00 LAB Sports hall Section 2</p> <p>Barre 16.15-17.15 LAB Sports hall Section 3</p> <p>Flow 17.15-18.15 LAB Sports hall Section 1</p> <p>Kettlebell 17.15-18.15 LAB Sports hall Lohko 2</p> <p>Yoga 16.15-17.15 Class 8240</p>	<p>Capoeira 16.00-17.30 LUT Sports hall</p> <p>Bachata Lady Style 16.10-17.10 LAB Sports hall Section 3</p> <p>Easy group 16.15-17.15 LAB Sports hall Section 2</p> <p>Pilates 16.15-17.15 Classroom 8240</p> <p>Fitness boxing 17.00-18.15 LAB Sports hall Section 1</p> <p>K-pop Dance 17.15-18.25 LAB Sports hall Section 3</p> <p>Yin Yoga 17.25-18.25 Class 8240</p> <p>Core 17.30-18.15 LAB Sports hall Section 2</p>	<p>Women's self defence group 16.00-17.30 LUT Sports hall</p> <p>Glutes &amp; Abs 16.15-17.00 Section 1</p> <p>Ballet 16.15-17.15 LAB Sports hall Section 3</p> <p>Running group 16.30-18.00 LAB Sports hall Section 2</p> <p>Stretching &amp; Recovery 17.05-17.35 Section 1</p> <p>Modern Dance 17.25-18.25 LAB Sports hall Section 3</p>

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](http://www.avoinna24.fi/moveo/reservation)

Classes are running until 8.5.2026.





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

TRIAL WEEK  
IN WEEK 3



[www.lutshop.lut.fi](http://www.lutshop.lut.fi)

**MOVEO**

MOVEO Lappeenranta membership,  
student

30,00 €

VIEW PRODUCT →



Buy your  
membership here!





**THANK YOU!**

