

MOVED



MOVEO

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

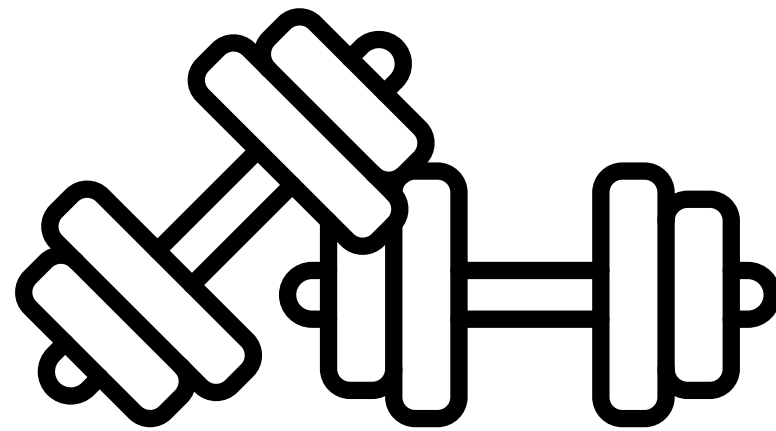
MOVEO operates on both Lappeenranta and Lahti campuses, providing sports facilities, services and experiences.



OPPORTUNITIES AND SERVICES



GROUP EXERCISE



GYM



BALL GAMES

30 € / semester



MOVEO

Group exercise calendar Autumn semester 2026

Mon	Tue	Wed	Thu	Fri
Glutes & Abs 16.15-17.00 LAB Sports hall Section 1 Core 16.15-16.45 LAB Sports hall Section 2 Show/Commercial Dance 16.15-17.15 LAB Sports hall Section 3 MMA 17.00-19.00 LUT Sports hall Stretching & Recovery 17.05-17.35 LAB Sports hall Section 1 Yoga 17.15-18.00 Classroom 8240	Muay Thai 16.00-18.00 LUT Sports hall Easy group 16.15-17.15 LAB Sports hall Section 1 Gentle Pilates 16.15-17.30 Classroom 8240 Bachata Dance 16.15-17.10 LAB Sports hall Section 3 Hip hop & Street dance 17.10-18.20 LAB Sports hall Section 3 Cardio 17.25-18.25 LAB Sports hall Section 1 Yin Yoga & Sound bowl relaxation 17.40-18.55 Classroom 8240	Brasilian Jiu Jitsu 16.00-18.00 LUT Sports hall Kettlebell 16.15-17.00 LAB Sports hall Section 1 Splits 16.15-17.00 LAB Sports hall Section 2 Barre 16.15-17.15 LAB Sports hall Section 3 Flow 17.15-18.00 LAB Sports hall Section 1 Stretching & Recovery 17.20-17.50 LAB Sports hall Section 3	Capoeira 16.00-17.30 LUT Sports hall Bachata Lady Style 16.10-17.10 LAB Sports hall Section 3 Power Pilates 16.15-17.15 Classroom 8240 Easy group 16.15-17.15 LAB Sports hall Section 1 K-pop Dance 17.15-18.25 LAB Sports hall Section 3 Fitness Boxing 17.30-18.30 LAB Sports hall Section 1	Women's self defence group 16.00-17.30 LUT Sports hall Ballet 16.15-17.15 LAB Sports hall Section 3 Running group 16.30-18.00 LAB Sports hall Section 2 Jazz 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 31.8.-11.12.2026. No classes on autumn break week 19.-23.10.2026.				





LUT Sports hall

Autumn semester 2026

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8	Badminton/Table tennis	Badminton/Table tennis	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	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	Sports reservation*	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	Badminton/Table tennis	Armatuuri, Sätky, KRK & Pelletti	Badminton/Table tennis	Badminton/Table tennis
15-16	Kaplaaki & Enklaavi	Badminton/Table tennis	Badminton/Table tennis	Badminton/Table tennis		Badminton/Table tennis	
16-17		Muay Thai Kickboxing	Brazilian Jiu Jitsu	Capoeira	Sports reservation	Sports reservation	Cricket
17-18	Mixed Martial Arts				Sports reservation	Sports reservation	
18-19	Women’s Volleyball	Volleyball	Floorball Women**	Volleyball	Sports reservation	Sports reservation	Sports reservation
19-20					Women’s Volleyball		
20-21	Parru Basketball**	Sports reservation	Floorball	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. Volleyball and Floorball do not require a 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 31.8.- 11.12.2026.



MOVEO

LAB Sports hall calendar Autumn semester 2026

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 Schedule in effect 31.8.-11.12.2026							



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IN WEEKS
36 & 37



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MOVEO

**MOVEO Lappeenranta membership,
student**

30,00 €

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THANK YOU!

