

# GROUP EXERCISE CLASSES

## 19.8.-19.12.2024

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Mobility Training</b> 12.00-12.30		
	<b>Gym Circuit</b> 16.00-16.55		<b>Functional Circuit</b> 16.00-16.55	

**Body & Mind**   **Easy & Effective**

Guided fitness services (workout classes, courses) are intended for Nokia employees only (not externals).

Classes are free of charge.

**All classes are held in Building 10 gym.**

**Contact information:**



Fitness services

OHS

Nokia

[nokia.liikuntakanava.fi](https://nokia.liikuntakanava.fi)

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