

GROUP EXERCISE CLASSES

19.8.-19.12.2024

Monday	Tuesday	Wednesday	Thursday	Friday
Cleaning break 9.30-10.30 Gym is closed!		Cleaning break 9.30-10.30 Gym is closed!		Cleaning break 9.30-10.30 Gym is closed!
		Gym Circuit 15.15-16.10		
Gym Circuit 16.30-17.25				

Easy & Effective

Group exercise classes are intended for Nokia employees (not externals). **Classes are free of charge.**

All classes are held at Rusko Gym.

Contact information:



Rusko, Kaapelitie 4

Fressi Yrityspalvelut

OHS

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