



GROUP EXERCISE CLASSES 19.8.-19.12.2024



Monday	Tuesday	Wednesday	Thursday	Friday
	Functional Circuit 15.30-16.25			

Easy & Effective

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

All classes are held at HVT30 Gym.

Contact information:



HVT 30 NoA, Hatanpäänvaltatie 30, 0 floor

Fressi Yrityspalvelut

OHS

Nokia

nokia.liikuntakanava.fi

Riikka Vikman

Raimo Ojala

Jutta Halonen

050 436 8182

050 486 3240

050 480 2380

riikka.vikman@fressi.fi

raimo.ojala@aaava.fi

jutta.halonen@nokia.com

FRESSI

YRITYSPALVELUT