



GROUP EXERCISE CLASSES 7.1.-18.6.2025



No classes: Thu 1.5. and Thu 29.5.2025

Monday	Tuesday	Wednesday	Thursday	Friday
		Mobility Training 12.00-12.30		
	Gym Circuit 16.00-16.55		Functional Circuit 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

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