



GROUP EXERCISE CLASSES 7.1.-18.6.2025



No classes: Mon 21.4.2025

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:



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OHS

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