



GROUP EXERCISE CLASSES

18.8.–18.12.2025



Monday	Tuesday	Wednesday	Thursday	Friday
		Mobility Training 12.00-12.30		
	Gym Circuit 16.30-17.25		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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