

GROUP EXERCISE CLASSES



12.1.-19.6.2026

No classes: Mon 6.4.2026

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				

Body & Mind **Easy & Effective**

Group exercise classes are intended for Nokia employees only (not externals). There is no need to sign in / register to the classes. Classes are free of charge.

All classes are held in Linnanmaa campus's Reeni gym. Ritaharjuntie 3, Oulu, ground floor.

Contact information:



Fitness services

Nokia

Fitness channel

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