

# GROUP EXERCISE CLASSES

## 12.1.-19.6.2026



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Gym Circuit</b> 15:30-16:25			

**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 at HVT30 Gym. HVT 30 NoA, Hatanpäänvaltatie 30, 0 floor.

### Contact information:



Fitness services

Nokia

Fitness channel

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