

GROUP EXERCISE CLASSES

10.8.–18.12.2026



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

Group exercise classes are intended for Nokia employees only (not externals). Classes are free of charge.

All classes are held in Building 10 gym, Karakaari 5, Espoo.

Contact information:



Fitness services

Nokia

Fitness channel

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