

GROUP EXERCISE CLASSES

10.8.–18.12.2026



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				

Easy & Effective

Group exercise classes are intended for Nokia employees only (not externals). 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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