

GROUP EXERCISE CLASSES

10.8.–18.12.2026



Monday	Tuesday	Wednesday	Thursday	Friday
	Gym Circuit 15:30-16:25			

Easy & Effective

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