

VIC Workout Club in the Gym on F09

Schedule 15-18 July 2025



Sign-up required for all sessions!



Visit the homepage www.vic-woc.com and click the link to sign up!

TIME	MONDAY 14TH	TUESDAY 15TH	WEDNESDAY 16TH	THURSDAY 17TH	FRIDAY 18TH
1200-1300		Connie 	Wills 	Michael BODY SHAPING	Felipe 
1300-1400		Eva <i>(1300-1345)</i> 45 MINUTE HIIT		Agnes <i>(1300-1345)</i> Bodyattack 	Wills 
1700-1800			Elif 		

Pay for coupons by Bank Transfer: IBAN: AT55 1200 0100 4041 6512 - Bank Austria, The VIC Workout Club

Collect in class or from: Vincent B0802, Tin Ling A2508 or Johanna A1941

For further information visit: www.vic-woc.com