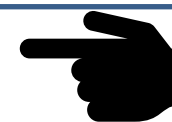


VIC Workout Club in the Gym on F09

Schedule 12-15 August 2025



Sign-up required for all sessions!
Visit the homepage www.vic-woc.com and click the link to sign up!



TIME	MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
1200-1300		GUEST TRAINER Svetlana Pilates 	Agnes <i>Bodyattack</i> 	Michael <i>BODY SHAPING</i>	
1300-1400		Eva <i>(1300-1345)</i> 45 MINUTE HIIT		NO CLASS	NO CLASS
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