




# VIC Workout Club in the Gym on F09

Schedule 4-5 September 2025



Sign-up required for all sessions!  
Visit the homepage [www.vic-woc.com](http://www.vic-woc.com) and click the link to sign up!



TIME	MONDAY 1ST	TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH	FRIDAY 5TH
1200-1300		<b>GYM CLOSED CLASSES CANCELLED 2-3 SEPTEMBER</b>		<b>Michael</b> <b>Body Shaping</b> 	<b>GUEST TRAINER</b> <b>Diana</b> 
1300-1400				<b>NO CLASS</b>	<b>Wills</b> 
1700-1800					

**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](http://www.vic-woc.com)**