

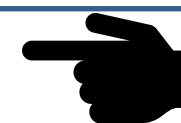
VIC Workout Club in the Gym on F09

Schedule 23-26 September 2025



Sign-up required for all sessions!

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



TIME	MONDAY 22ND	TUESDAY 23RD	WEDNESDAY 24TH	THURSDAY 25TH	FRIDAY 26TH
1200-1300		Connie Pilates 	Wills BBP 	Michael Body Shaping 	Rob Zumba 
1300-1400		Connie (13:00-13:45) 45 MINUTE HIIT		Rob (12:55-13:40) STRONG NATION	Wills 
1700-1800			Li Huey 		

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