

# VIC Workout Club in the Gym on F09

Schedule 11 – 14 November 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 10TH | TUESDAY 11TH                                                                                                       | WEDNESDAY 12TH                                                                                          | THURSDAY 13TH                                                                                                                       | FRIDAY 14TH                                                                                             |
|-----------|-------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 1200-1300 |             | <b>Connie Pilates</b><br>        | <b>Wills BBP</b><br> | <b>Michael Body Shaping</b><br>(12:00-12:50)<br> | <b>Rob Zumba</b><br> |
| 1300-1400 |             | <b>Eva</b><br>(13:00-13:45)<br> |                                                                                                         | <b>Rob</b><br>(12:55-13:40)<br>                 | <b>Wills</b><br>    |
| 1700-1800 |             |                                                                                                                    | <b>Felipe</b><br>  |                                                                                                                                     |                                                                                                         |

**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)**