





VIC Workout Club in the Gym on F09

Schedule 7 – 9 January 2026



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



TIME	MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH
1200-1300		NO CLASS	Wills BBP 	Michael Body Shaping (12:00-12:50) 	Rob Zumba 
1300-1400		NO CLASS		NO CLASS	Wills 
1700-1800			NO CLASS		

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