

VIC Workout Club in the Gym on F09

Schedule 10-13 February 2026



Sign-up required for all sessions!

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



| TIME | MONDAY 9TH | TUESDAY 10TH | WEDNESDAY 11TH | THURSDAY 12TH | FRIDAY 13TH |
|-----------|------------|--|--|---|--|
| 1200-1300 | | Connie Pilates  | Wills BBP  | Michael Body Shaping <i>(12:00-12:50)</i>  | Rob Zumba  |
| 1300-1400 | | Eva <i>(13:00-13:45)</i>  | | Rob <i>(12:55-13:40)</i>  | Wills  |
| 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