

# VIC Workout Club in the Gym on F09

## Schedule 17-20 February 2026



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 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
1200-1300		<b>Connie</b> <b>Pilates</b> 	<b>GUEST TRAINER</b> <b>Yulia</b> <b>Barre Workout</b> 	<b>Michael</b> <b>Body Shaping</b> <i>(12:00-12:50)</i> 	<b>Rob</b> <b>Zumba</b> 
1300-1400		<b>Eva</b> <i>(13:00-13:45)</i> 		<b>Rob</b> <i>(12:55-13:40)</i> 	<b>NO CLASS</b>
1700-1800			<b>Elif</b> 		

**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)