

VIC Workout Club in the Gym on F09

Schedule 17-19 March 2026



Sign-up required for all sessions!



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

TIME	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
1200-1300		<p>Connie Pilates</p> 	<p>Wills BBP</p> 	<p>Michael Body Shaping (12:00-12:50)</p> 	UN HOLIDAY
1300-1400		<p>Eva (13:00-13:45)</p> <p>45 MINUTE HIIT</p>		<p>Rob (12:55-13:40)</p> 	UN HOLIDAY
1700-1800			<p>Elif</p> 		

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