

VIC Workout Club in the Gym on F09

Schedule 24-27 March 2026


Sign-up required for all sessions!


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

| TIME | MONDAY 23RD | TUESDAY 24TH | WEDNESDAY 25TH | THURSDAY 26TH | FRIDAY 27TH |
|-----------|-------------|---|---|---|---|
| 1200-1300 | | Connie Pilates  | Wills BBP  | Michael Body Shaping (12:00-12:50)  | Rob Zumba  |
| 1300-1400 | | Eva (13:00-13:45) 45 MINUTE HIIT | | Rob (12:55-13:40)  | Wills  |
| 1700-1800 | | | Felipe  | | |

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