





VIC Workout Club in the Gym on F09

Schedule 7-10 April 2026


Sign-up required for all sessions!


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

TIME	MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	THURSDAY 9TH	FRIDAY 10TH
1200-1300		Connie Pilates 	Rob Strong Nation 	Michael Body Shaping (12:00-12:50) 	Rob Zumba 
1300-1400		Eva (13:00-13:45) 45 MINUTE HIIT		NO CLASS	NO CLASS
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