









# VIC Workout Club in the Gym on F09

Schedule 19-22 May 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 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND
1200-1300		<b>GUEST TRAINER</b> <b>Yulia</b> <b>Barre Workout</b> 	<b>Wills</b> <b>BBP</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>45 MINUTE HIIT</b> 		<b>Rob</b> <i>(12:55-13:40)</i> 	<b>Wills</b> 
1700-1800			<b>MAY SPECIAL</b> <b>Robert</b> <b>Back Health</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)**