



VIC Workout Club in the Gym on F09

Schedule 26-29 May 2026


Sign-up required for all sessions!


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

TIME	MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH
1200-1300		Connie Pilates 	UN HOLIDAY	Michael Body Shaping <i>(12:00-12:50)</i> 	GUEST TRAINER Oleks 
1300-1400		Eva <i>(13:00-13:45)</i> 45 MINUTE HIIT		NO CLASS	Wills 
1700-1800			UN HOLIDAY		

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