

VIC Workout Club in the Gym on F09

Schedule 30 June-3 July 2026


Sign-up required for all sessions!


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

TIME	MONDAY 29TH	TUESDAY 30TH	WEDNESDAY 1ST	THURSDAY 2ND	FRIDAY 3RD
1200-1300		<p>Connie Pilates</p> 	<p>Wills BBP</p> 	<p>Michael Body Shaping (12:00-12:50)</p> 	<p>NEW! GUEST TRAINER Katrin</p> 
1300-1400		<p>Eva (13:00-13:45)</p> <p>45 MINUTE HIIT</p>		<p>NO CLASS</p>	<p>Wills</p> 
1700-1800			<p>JULY SPECIAL Robert Back Health</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