

VIC Workout Club in the Gym on F09

Schedule 14-17 July 2026

Sign-up required for all sessions!

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

TIME	MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH
1200-1300		<p>Connie Pilates</p> 	<p>Rob Strong Nation</p> 	<p>Michael Body Shaping (12:00-12:50)</p> 	<p>Rob Zumba</p> 
1300-1400		<p>Eva (13:00-13:45)</p> <p>45 MINUTE HIIT</p>		NO CLASS	NO CLASS
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