

VIC Workout Club in the Gym on F09

Schedule 21-24 July 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 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH
1200-1300		<p><b>Connie Pilates</b></p> 	<p><b>Wills BBP</b></p> 	<p><b>Michael Body Shaping</b> (12:00-12:50)</p> 	<p><b>Rob Zumba</b></p> 
1300-1400		<p><b>Connie (13:00-13:45) Cardio Blast</b></p> 		<p><b>Rob (12:55-13:40)</b></p> 	<p><b>Wills</b></p> 
1700-1800			<p><b>JULY SPECIAL</b> <b>Robert Back Health</b></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](http://www.vic-woc.com)**