

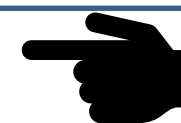
VIC Workout Club in the Gym on F09

Schedule 18-21 August 2026



Sign-up required for all sessions!

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



TIME	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST
1200-1300		GUEST TRAINER Yulia Barre Workout 	GUEST TRAINER Agnes Bodyattack Lift 	Michael Body Shaping (12:00-12:50) 	Rob Zumba 
1300-1400		Eva (13:00-13:45) 45 MINUTE HIIT		Rob (12:55-13:40) STRONG NATION	NO CLASS
1700-1800			AUGUST SPECIAL Richard Boxing 		

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