

VIC Workout Club in the Gym on F09
Schedule 29 September-2 October 2026



Sign-up required for all sessions!
 Visit the homepage www.vic-woc.com and click the link to sign up!



TIME	MONDAY 28TH	TUESDAY 29TH	WEDNESDAY 30TH	THURSDAY 1ST	FRIDAY 2ND
1200-1300		Connie Pilates 	Wills BBP 	Michael Body Shaping (12:00-12:50) 	Guest Trainer Felipe Zumba 
1300-1400		Eva (13:00-13:45) 		NO CLASS	Wills 
1700-1800			Free Class 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