

VIC Workout Club in the Gym on F09

Schedule 13-16 October 2026



Sign-up required for all sessions!

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



TIME	MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH
1200-1300		GUEST TRAINER Yulia Barre Workout 	Wills BBP 	Michael Body Shaping (12:00-12:50) 	Rob Zumba 
1300-1400		Eva (13:00-13:45) 45 MINUTE HIIT 		Rob (12:55-13:40) 	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