

VIC Workout Club in the Gym on F09

Schedule 20-23 October 2026



Sign-up required for all sessions!

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



TIME	MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD
1200-1300		Connie Pilates 	Wills BBP 	Michael Body Shaping (12:00-12:50) 	Rob Zumba 
1300-1400		Eva (13:00-13:45) 		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