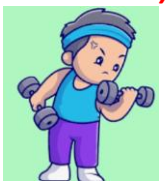
VIC Workout Club in the Gym on F09

Schedule 24-27 November 2026

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

TIME	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
1200-1300		Connie Pilates 	Wills BBP 	Michael Body Shaping *(12:00-12:50)* 	Rob & Friends Zumba Special 
1300-1400		Connie *(13:00-13:45)* TOTAL BODY HIIT PYRAMID		Rob *(12:55-13:40)* STRONG NATION	Wills BODY BALANCE
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