

VIC Workout Club

Schedule for Autumn/Winter 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME
<p>Irina</p>  <p>Early Bird Workout!</p> <p>Gym F-09</p>					0730 AM
	<p>Connie</p> <p>Pilates FIT</p> <p>Gym F-09</p>	<p>Michael</p> <p>Body Shaping</p> <p>Gym F-09</p>	<p>Connie</p> <p>Cross Training</p> <p>Gym F-09</p>	<p>William</p> <p>BBP</p> <p>Gym F-09</p>	12 NOON
	<p>William</p> <p>Body Balance</p> <p>Gym F-09</p>		<p>William</p> <p>Classical Pilates</p> <p>Gym F-09</p>	<p>Adrene</p>  <p>Gym F-09</p>	1 PM
		<p>Adrene</p>  <p>Gym F-09</p>			5 PM

Coupons for all classes are €3.50 each and can be purchased in room A-0514 (cash or a completed zahlschein).

PLEASE REMEMBER TO USE UP YOUR GREEN COUPONS BY THE END OF DECEMBER – NEW COUPONS WILL BE AVAILABLE FOR JANUARY 2013!!

Please contact d.poore@iaea.org if you wish to have further information.