

VIC Workout Club

Schedule for Autumn 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME
<p>Irina</p>  <p>Early Bird Workout! Detox Power Yoga</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 Members are €3.50 each. Coupons for Guests are €4. All coupons can be purchased from Kaye Turner in room A0514 or from Deborah Poore in the Gym most days. Please contact d.poore@iaea.org if you wish to have further information.