

# VIC Workout Club

## Schedule for Spring/Summer 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME
<p><b>Irina</b></p>  <p>Early Bird Workout! Detox Power Yoga</p> <p>Gym F-09</p>					0730 AM
	<p><b>Connie</b></p> <p>Pilates FIT</p> <p>Gym F-09</p>	<p><b>Michael</b></p> <p>Body Shaping</p> <p>Gym F-09</p>	<p><b>Connie</b></p> <p>Cross Training</p> <p>Gym F-09</p>	<p><b>William</b></p> <p>BBP</p> <p>Gym F-09</p>	12 NOON
	<p><b>William</b></p> <p>Body Balance</p> <p>Gym F-09</p>		<p><b>William</b></p> <p>Classical Pilates</p> <p>Gym F-09</p>	<p><b>Adrene</b></p>  <p>Gym F-09</p>	1 PM
		<p><b>Adrene</b></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](mailto:d.poore@iaea.org) if you wish to have further information.**