


VIC Workout Club

Schedule for 8-12 July 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME
<p style="text-align: center;">Sorry No Early Bird Class ☹</p>					0730 AM
	<p>Pepsi</p> <p>Core Training</p> <p>Gym F-09</p>	<p>Christian</p> <p>Detox Power Yoga</p> <p>Gym F-09</p>	<p>Thomas</p> <p>Circle Training</p> <p>Gym F-09</p>	<p>William</p> <p>BBP</p> <p>Gym F-09</p>	12 NOON
<p>Pepsi</p> <div style="border: 2px solid black; padding: 2px; display: inline-block;">PILOXING</div> <p>Gym F-09</p>	<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>Alexia</p> <p>FUN  ZUMBA fitness</p> <p>Gym F-09</p>	1 PM
		<p style="text-align: center;">Sorry No Zumba Class ☹</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.