

VIBES Programme Leechgasse

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG			
	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	
6:30																						6:30
6:45	BODY			FITNESS			FITNESS			BACK			FITNESS									6:45
7:00	FITNESS			BACK			FITNESS			FITNESS			BACK	NEURO TRAINING								7:00
7:15			ALPHA — OMEGA			STRENGTH			METABOLIC			ALPHA — OMEGA										7:15
7:30																						7:30
7:45																						7:45
8:00	BACK			FITNESS			BODY			FITNESS			BODY			FITNESS		STRENGTH	FITNESS		ALPHA — OMEGA	8:00
8:15	FITNESS			BODY	YOGA		BACK	YOGA		BODY			FITNESS	PILATES		BODY	YOGA	STRENGTH	BODY	YOGA	ALPHA — OMEGA	8:15
8:30																						8:30
8:45																						8:45
9:00	BODY			YOGA			YOGA			BACK			ALPHA — OMEGA			BACK	YOGA	HURRICANE	BACK	FITNESS	YOGA	9:00
9:15	FITNESS	PILATES								FITNESS			METABOLIC			FITNESS		HURRICANE	HURRICANE	BACK	STRENGTH	9:15
9:30																						9:30
9:45																						9:45
10:00						WARRIOR	BODY			FITNESS			BACK			ALPHA — OMEGA	PILATES	ALPHA — OMEGA	BODY	KamiBo®	METABOLIC	10:00
10:15	BABY						FITNESS			BODY			BODY									10:15
10:30																						10:30
10:45																						10:45
11:00							BABY						WARRIOR		BABY				BACK	BACK	PILATES	11:00
11:15																						11:15
11:30			STRENGTH			ALPHA — OMEGA												METABOLIC		FITNESS		11:30
11:45																						11:45
12:00	FITNESS						FITNESS															12:00
12:15					PILATES																	12:15
12:30							BACK									BACK	PILATES					12:30
12:45																						12:45
13:00	BACK			FITNESS					NEURO FITNESS							FITNESS						13:00
13:15																						13:15
13:30				BODY	PRÄ- UND POSTNATAL											BODY						13:30
13:45																						13:45
14:00	BODY			BACK			FITNESS															14:00
14:15																						14:15
14:30	BACK			FITNESS			BODY															14:30
14:45																						14:45
15:00																						15:00
15:15																						15:15
15:30	FITNESS						BACK													FITNESS	NEURO FITNESS	15:30
15:45																						15:45
16:00	BODY		ALPHA	FITNESS			FITNESS	PILATES	METABOLIC	BACK			OMEGA		BODY	bodyART	STRENGTH				ALPHA — OMEGA	16:00
16:15	BACK			BACK			BODY															16:15
16:30			HURRICANE	FITNESS		ALPHA	BACK	KamiBo®	STRENGTH				HURRICANE		BACK	deepWORK™	ALPHA — OMEGA					16:30
16:45	FITNESS	YOGA		BODY	PILATES		FITNESS							FITNESS						FITNESS		16:45
17:00	BODY			BODY																		17:00
17:15	FITNESS		OMEGA	FITNESS	YOGA	STRENGTH	BODY	YOGA	WARRIOR	BODY			ALPHA							BACK	PILATES	17:15
17:30	BACK	KamiBo®		BACK																		17:30
17:45																						17:45
18:00	FITNESS			FITNESS	YOGA	HURRICANE	BODY	YOGA	WARRIOR	BODY	PILATES		ALPHA							BODY		18:00
18:15	BACK			BACK																		18:15
18:30	FITNESS	DANCE JAM		FITNESS	KamiBo®	HURRICANE	BACK			BACK	DANCE LATIN		WARRIOR									18:30
18:45																						18:45
19:00	PILATES		METABOLIC			OMEGA	BODY															19:00
19:15																						19:15
19:30																						19:30
19:45																						19:45
20:00					NEURO FITNESS		BODY				YOGA											20:00
20:15																						20:15
20:30																						20:30
20:45																						20:45
21:00																						21:00
21:15																						21:15



Der VIBES Programmplan ist ab 11.09.2023 und bis auf Widerruf gültig.

ACHTUNG: Es können sich kurzfristige Änderungen ergeben. Benutze deswegen den Online Planer auf vibes-fitness.at oder die VIBES FITNESS App. Reserviere dir deinen Platz immer online.

Die Kursbeschreibungen findest du auf unserer Homepage vibes-fitness.at.



anonyme Umfrage 2019 an über 1000 VIBES Member

5,00 von 5

Proven Expert



SEHR GUT

Stand Februar 2023

VIBES Programme Südtiroler Platz

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			
	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	FUNCTIONAL	GROUP FITNESS	WEIGHTLIFTING	
6:30																			6:30
6:45	FITNESS			BODY						BACK			FITNESS						6:45
7:00	BACK			FITNESS					FITNESS				BACK						7:00
7:15			ALPHA OMEGA																7:15
7:30				BACK					BODY										7:30
7:45																			7:45
8:00	FITNESS																	FITNESS	8:00
8:15																		ALPHA OMEGA	8:15
8:30	BODY			BACK		WARRIOR			STRENGTH										8:30
8:45		PILATES												STRENGTH					8:45
9:00				BODY														FITNESS	9:00
9:15																		BACK	9:15
9:30	FITNESS			BACK						TAIJI-QIGONG	WARRIOR							KamiBo®	9:30
9:45																			9:45
10:00				FITNESS					JUMP					PILATES					10:00
10:15		KamiBo®		BACK	QIGONG														10:15
10:30																			10:30
10:45																			10:45
11:00	BACK							BACK										BODY	11:00
11:15																		FITNESS	11:15
11:30	BABY					METABOLIC				YOGA									11:30
11:45																			11:45
12:00	FITNESS			FITNESS															12:00
12:15					PILATES					BACK								ALPHA OMEGA	12:15
12:30	BACK																		12:30
12:45																			12:45
13:00				FITNESS															13:00
13:15		YOGA		BACK														METABOLIC	13:15
13:30																			13:30
13:45																			13:45
14:00																			14:00
14:15			BARRE							BABY									14:15
14:30																			14:30
14:45																			14:45
15:00	BODY			FITNESS				BODY										FITNESS	15:00
15:15		PILATES	WARRIOR	BACK		HURRICANE												BACK	15:15
15:30	FITNESS				YOGA			FITNESS	ALPHA OMEGA						YOGA	WARRIOR			15:30
15:45																			15:45
16:00	BACK			FITNESS				BACK											16:00
16:15		NEURO FITNESS	METABOLIC	BODY	JUMP														16:15
16:30																			16:30
16:45																			16:45
17:00	FITNESS			FITNESS															17:00
17:15																			17:15
17:30	BODY			BACK				FITNESS											17:30
17:45		STEP BURN			PILATES				deepWORK™										17:45
18:00	FITNESS			FITNESS				BODY											18:00
18:15																			18:15
18:30	BACK							BACK											18:30
18:45		YOGA		BODY		DANCE LATIN													18:45
19:00	BODY			FITNESS				FITNESS											19:00
19:15																			19:15
19:30																			19:30
19:45																			19:45
20:00	PILATES			BACK				BODY											20:00
20:15		JUMP																	20:15
20:30																			20:30
20:45																			20:45
21:00																			21:00
21:15																			21:15

AUSDAUERTRAINING MIT SCHRITTKOMBINATIONEN

STRETCHING, REGENERATION, LEICHTE KRÄFTIGUNG

BASISKRAFTTRAINING

KRAFTTRAINING MIT FUNKTIONELLEM TRAININGSEQUIPMENT

KRAFTAUSDAUERTRAINING HIT TRAINING

KRAFTTRAINING MIT FREIEN GEWICHTEN