

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						ALPHA — OMEGA										7:15
7:30																						7:30
7:45																						7:45
8:00	BACK			FITNESS			BODY			FITNESS			BODY			FITNESS			FITNESS			8:00
8:15				BODY	YOGA		BACK	YOGA		BODY			FITNESS	PILATES		BODY	YOGA	STRENGTH	BODY	YOGA	ALPHA — OMEGA	8:15
8:30	FITNESS																					8:30
8:45																						8:45
9:00	BODY			YOGA			YOGA			BACK			ALPHA — OMEGA			BACK	YOGA	HURRICANE	BACK	YOGA	STRENGTH	9:00
9:15																						9:15
9:30	FITNESS	PILATES								FITNESS												9:30
9:45																						9:45
10:00						WARRIOR	BODY			FITNESS			BACK			ALPHA — OMEGA		PILATES	ALPHA — OMEGA	BODY	KamiBo®	10:00
10:15							FITNESS						BODY									10:15
10:30	BABY																					10:30
10:45																						10:45
11:00							BABY															11:00
11:15						ALPHA — OMEGA						WARRIOR										11:15
11:30			STRENGTH																			11:30
11:45																						11:45
12:00	FITNESS						FITNESS															12:00
12:15					PILATES																	12:15
12:30							BACK															12:30
12:45																						12:45
13:00	BACK			FITNESS																		13:00
13:15				BODY	PRÄ- UND POSTNATAL																	13:15
13:30								NEURO FITNESS														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															15:30
15:45																						15:45
16:00	BODY		ALPHA	FITNESS			FITNESS	PILATES		METABOLIC			BACK			OMEGA	BODY	bodyART	STRENGTH			16:00
16:15																						16:15
16:30	BACK			BACK			BODY															16:30
16:45																						16:45
17:00	FITNESS		HURRICANE	FITNESS		ALPHA	BACK			STRENGTH			FITNESS			HURRICANE	BACK	deepWORK™	ALPHA — OMEGA			17:00
17:15		YOGA																				17:15
17:30	BODY			BODY	PILATES		FITNESS	KamiBo®					BACK									17:30
17:45																						17:45
18:00	FITNESS		OMEGA	FITNESS		STRENGTH	BODY	YOGA		WARRIOR			BODY			ALPHA						18:00
18:15		KamiBo®																				18:15
18:30	BACK			BACK	YOGA		FITNESS						FITNESS	PILATES								18:30
18:45																						18:45
19:00	FITNESS		STRENGTH	FITNESS		HURRICANE	BACK			ALPHA — OMEGA			BACK									19:00
19:15		DANCE JAM																				19:15
19:30				BODY	KamiBo®		FITNESS						BODY									19:30
19:45																						19:45
20:00	PILATES		METABOLIC			OMEGA	BODY			HURRICANE			BODY									20:00
20:15					NEURO FITNESS																	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