



Der VIBES Programmplan ist ab 01.04.2024 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 unter dem folgenden QR-Code und auf unserer Homepage vibes-fitness.at.



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