






















Der VIBES Programmplan ist ab 07.01.2025 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, online Trainingspläne und alle wichtigen Infos findest du unter dem folgenden QR-Code:



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

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG			
																						
6:00-6:45	FITNESS			FITNESS			FITNESS			BACK			FITNESS		STRENGTH BASIC							
7:00-7:45	FITNESS		ALPHA — OMEGA	BACK		STRENGTH	FITNESS		METABOLIC	FITNESS		ALPHA — OMEGA	BACK		STRENGTH BASIC							
8:00-8:45	BACK			FITNESS			BURN			BURN			BURN			FITNESS		STRENGTH	FITNESS		ALPHA — OMEGA	
9:00-9:45	FITNESS			BURN	YOGA			YOGA		BACK			FITNESS	PILATES		BACK	PILATES		BURN	YOGA		
10:00-10:45	BACK			FITNESS			BACK		ALPHA — OMEGA	FITNESS		ALPHA — OMEGA	FITNESS		HURRICANE	FITNESS	PILATES	HURRICANE	FITNESS	KamiBo'	STRENGTH	
11:00-11:45	FITNESS	PILATES		FITNESS		WARRIOR	BACK			BURN			BACK		ALPHA — OMEGA	BURN	YOGA	ALPHA — OMEGA	BACK	KamiBo'	METABOLIC	
12:00-12:45	BABY						FITNESS			FITNESS	PILATES		FITNESS			BURN	PILATES	ALPHA — OMEGA	FITNESS	PILATES		
13:00-13:45	FITNESS	PRÄNATAL	STRENGTH BASIC			ALPHA — OMEGA	BABY			BACK		WARRIOR	BABY			BACK	PILATES	METABOLIC	BACK	PILATES	WARRIOR	
14:00-14:45	FITNESS	POSTNATAL								FITNESS			FITNESS			FITNESS			FITNESS			
15:00-15:45	BACK			PILATES			FITNESS			BACK			BACK	YOGA								
16:00-16:45	FITNESS																					
17:00-17:45	FITNESS			FITNESS			BACK		STRENGTH BASIC				BACK									
18:00-18:45	BURN			FITNESS			FITNESS						BURN									
19:00-19:45	BACK			BACK			BACK															
20:00-20:45	BURN			BACK			BACK															
21:00-21:45	FITNESS	YOGA		HURRICANE		ALPHA	FITNESS		METABOLIC	BACK	BABY		FITNESS	KamiBo'					BURN	NEURO FITNESS	METABOLIC	
22:00-22:45	FITNESS		ALPHA — OMEGA	BURN			BACK			FITNESS		ALPHA — OMEGA	BURN		STRENGTH				BACK	KamiBo'	ALPHA — OMEGA	
23:00-23:45	BACK		HURRICANE	BACK		ALPHA	BURN		PILATES	STRENGTH		HURRICANE	FITNESS		ALPHA — OMEGA	FITNESS		FITNESS	KamiBo'	ALPHA — OMEGA		
24:00-24:45	BURN	YOGA		FITNESS		ALPHA	BURN		KamiBo'	STRENGTH		WARRIOR	BACK		ALPHA — OMEGA	BACK		BURN	PILATES	STRENGTH BASIC		
25:00-25:45	FITNESS		OMEGA	BURN		STRENGTH	FITNESS			WARRIOR	BURN		BURN									
26:00-26:45	BACK	KamiBo'		BACK		YOGA	BACK		YOGA	ALPHA	PILATES		BACK						BACK	YOGA	HURRICANE	
27:00-27:45	FITNESS		STRENGTH	FITNESS		HURRICANE	BACK			ALPHA — OMEGA	BACK		BACK						FITNESS			
28:00-28:45	BACK	DANCE JAM		FITNESS		KamiBo'	FITNESS			ALPHA — OMEGA	FITNESS		FITNESS									
29:00-29:45	BACK		METABOLIC	PILATES		ALPHA — OMEGA	BACK			HURRICANE	FITNESS		BACK									
30:00-30:45	BURN	PILATES					FITNESS			HURRICANE			FITNESS									
31:00-31:45							BURN				YOGA		YOGA									