



Der VIBES Programmplan ist ab 07.01.2026 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			
	≡	○	≡	≡	○	≡	≡	○	≡	≡	○	≡	≡	○	≡	≡	○	≡	
6:00-6:45	FITNESS			BACK			FITNESS			BACK			FITNESS						
6:45-7:15	BACK																		
7:15-7:45			ALPHA — OMEGA	FITNESS			BACK			ALPHA — OMEGA	FITNESS			BACK					
7:45-8:15				BACK			METABOLIC				BACK			FITNESS					
8:15-8:45	FITNESS			FITNESS			ALPHA — OMEGA	BURN	PILATES meets ANTARA	STRENGTH	FITNESS			BURN			METABOLIC		
8:45-9:15			HURRICANE	BACK							BACK						STRENGTH	FITNESS	
9:15-9:45		PILATES					strongHER	STRENGTH BASIC			FITNESS							BACK	
9:45-10:15	FITNESS		STRENGTH BASIC							METABOLIC				BACK				FITNESS	
10:15-10:45				FITNESS			BACK							FITNESS				BURN	
10:45-11:15		KamiBo®		BACK			QIGONG				STRENGTH BASIC			BACK				strongHER	
11:15-11:45	BACK													FITNESS				METABOLIC	
11:45-12:15	BABY		STRENGTH				METABOLIC	BACK										BACK	
12:15-12:45	FITNESS			FITNESS							BACK			FITNESS				ALPHA — OMEGA	
12:45-13:15	BACK			BACK			PILATES				FITNESS							BACK	
13:15-13:45				FITNESS										BURN				STRENGTH	
13:45-14:15		YOGA		BACK			STRENGTH											METABOLIC	
14:15-14:45				BURN															
14:45-15:15										BURN				FITNESS				strongHER	
15:15-15:45	FITNESS		STRENGTH	FITNESS			STRENGTH BASIC	BURN			ALPHA — OMEGA	FITNESS		BACK			YOGA	HURRICANE	FITNESS
15:45-16:15	BACK			BACK				FITNESS	PILATES			ALPHA — OMEGA	BACK	FITNESS					BACK
16:15-16:45	FITNESS	PILATES		FITNESS			ALPHA — OMEGA	BACK			STRENGTH	FITNESS		BACK				STRENGTH	BURN
16:45-17:15			METABOLIC	BACK				BURN	strongHER			BACK		FITNESS					
17:15-17:45	BURN	strongHER		FITNESS			KamiBo®				STEP BURN			STRENGTH					STRENGTH BASIC
17:45-18:15			STRENGTH	BACK			HURRICANE				METABOLIC	BURN		STRENGTH				ALPHA — OMEGA	strongHER
18:15-18:45	FITNESS	STEP BURN		BURN			PILATES				deepWORK™			BURN					
18:45-19:15	FITNESS		ALPHA	FITNESS			STRENGTH	FITNESS			OMEGA	FITNESS		YOGA				OMEGA	BACK
19:15-19:45	BACK			BACK				BACK			JUMP			OMEGA				BARRE	FITNESS
19:45-20:15	FITNESS	YOGA		FITNESS			strongHER				JUMP			KamiBo®				strongHIM	BACK
20:15-20:45			HURRICANE	BACK				FITNESS						ALPHA — OMEGA					FITNESS
20:45-21:15		PILATES		FITNESS			METABOLIC	BURN			STRENGTH	PILATES		ALPHA — OMEGA					