

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG			
6:00-6:45	FITNESS			FITNESS			FITNESS			BACK			FITNESS		STRENGTH							
7:00-7:45	FITNESS		ALPHA — OMEGA	BACK		STRENGTH	FITNESS		METABOLIC	FITNESS		ALPHA — OMEGA	BACK									
8:00-8:15	BACK			FITNESS			BURN			BURN			BURN			FITNESS		STRENGTH	FITNESS		ALPHA — OMEGA	
8:15-8:30	FITNESS			BURN	YOGA			YOGA				STRENGTH BASIC	FITNESS			BACK			BACK		YOGA	
8:30-8:45	BACK						BACK		YOGA	BACK		ALPHA — OMEGA	FITNESS						FITNESS		YOGA	
9:00-9:15	FITNESS	PILATES		FITNESS			FITNESS		QIGONG & BREATH-WORK	FITNESS		METABOLIC	BURN			FITNESS		HURRICANE	BURN	YOGA	FITNESS	STRENGTH
9:15-9:30										BACK			BURN			BACK			BURN		KamiBo®	METABOLIC
9:30-9:45	BABY					METABOLIC	FITNESS			FITNESS			FITNESS			FITNESS		ALPHA — OMEGA	FITNESS		PILATES	
10:00-10:15							BABY			BACK	strongHER		BACK			BACK	strongHER		BACK		PILATES	ALPHA — OMEGA
10:15-10:30		PRÄNATAL	STRENGTH BASIC			ALPHA — OMEGA				FITNESS			FITNESS			BACK		METABOLIC	FITNESS			
10:30-10:45		POSTNATAL								FITNESS			FITNESS			FITNESS			FITNESS			
11:00-11:15	FITNESS				PILATES		FITNESS			BACK			BACK			BACK			BACK			
11:15-11:30	BACK						BACK						BACK			BACK			BACK			
11:30-11:45	FITNESS			FITNESS								STRENGTH BASIC	FITNESS			FITNESS			FITNESS			
12:00-12:15	BACK																					
12:15-12:30	BACK																					
12:30-12:45	FITNESS																					
13:00-13:15	BACK																					
13:15-13:30	FITNESS			FITNESS																		
13:30-13:45				BACK																		
13:45-14:00	BURN			FITNESS																		
14:00-14:15	BACK			BACK																		
14:15-14:30																						
14:30-14:45																						
14:45-15:00	BURN			FITNESS																		
15:00-15:15	BACK			BACK																		
15:15-15:30										BURN												
15:30-15:45																						
15:45-16:00	FITNESS		ALPHA — OMEGA	BURN			BACK			BABY			BACK	strongHER						BURN		METABOLIC
16:00-16:15	FITNESS			FITNESS			FITNESS		METABOLIC	FITNESS		ALPHA — OMEGA	BACK		PILATES	STRENGTH						
16:15-16:30	BACK		HURRICANE	BACK				PILATES												BACK	NEURO FITNESS	ALPHA — OMEGA
16:30-16:45	BACK			FITNESS		ALPHA	BURN		STRENGTH	FITNESS		HURRICANE	FITNESS			ALPHA — OMEGA			FITNESS			
16:45-17:00	BURN	YOGA		FITNESS						BACK			BACK	deepWORK™					BURN		PILATES	STRENGTH
17:00-17:15			OMEGA	BURN	PILATES	ALPHA		strongHER		FITNESS			FITNESS									
17:15-17:30	FITNESS					STRENGTH	FITNESS		STRENGTH BASIC	BURN		ALPHA	BACK									
17:30-17:45	BACK	KamiBo®		BACK	YOGA					BACK			BACK							BACK		
17:45-18:00	FITNESS		STRENGTH	FITNESS		HURRICANE	BACK		ALPHA — OMEGA	FITNESS		ALPHA — OMEGA	BACK									
18:00-18:15	PILATES	DANCE JAM		PILATES		ALPHA — OMEGA	FITNESS		HURRICANE			PILATES	BACK							FITNESS	strongHER	HURRICANE
18:15-18:30			METABOLIC																			
18:30-18:45																						
18:45-19:00																						
19:00-19:15																						
19:15-19:30																						
19:30-19:45																						
19:45-20:00																						
20:00-20:15																						
20:15-20:30																						
20:30-20:45																						
20:45-21:00																						
21:00-21:15																						



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](https://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	FITNESS			BACK			FITNESS			BACK			FITNESS					
6:45	BACK						BACK						BACK					
7:00			ALPHA — OMEGA	FITNESS		METABOLIC			ALPHA — OMEGA	FITNESS			BACK					
7:15				BACK						BACK								
7:30																		
7:45																		
8:00	FITNESS		HURRICANE	FITNESS		ALPHA — OMEGA	BURN	PILATES meets ANTARA	STRENGTH	FITNESS			BURN		METABOLIC	FITNESS		ALPHA — OMEGA
8:15				BACK						BACK						BACK		
8:30																STRENGTH		
8:45																		
9:00		PILATES																
9:15			STRENGTH BASIC		strongHER	STRENGTH BASIC	BACK		METABOLIC				BACK					STRENGTH
9:30	FITNESS						FITNESS						FITNESS					
9:45																		
10:00				FITNESS			BACK						BACK					
10:15		KamiBo®		BACK		QIGONG			STRENGTH BASIC				BACK	PILATES		BURN	strongHER	METABOLIC
10:30																		
10:45																		
11:00	BACK						BACK										BACK	ALPHA — OMEGA
11:15	BABY		STRENGTH			METABOLIC								NEURO FITNESS		FITNESS	PILATES	
11:30																		
11:45																		
12:00	FITNESS			FITNESS						BACK			FITNESS			ALPHA — OMEGA		
12:15				BACK		PILATES				FITNESS								
12:30	BACK																	
12:45																		
13:00				FITNESS														
13:15		YOGA																
13:30				BACK														
13:45																		
14:00				BURN														
14:15										BURN								
14:30																		
14:45																		
15:00	FITNESS		STRENGTH	FITNESS		STRENGTH BASIC	BURN		ALPHA — OMEGA	FITNESS			ALPHA — OMEGA		YOGA	HURRICANE	FITNESS	
15:15	BACK			BACK						BACK							BACK	
15:30	FITNESS	PILATES						PILATES										
15:45			METABOLIC			ALPHA — OMEGA			STRENGTH				STRENGTH					
16:00				BACK						BACK								
16:15	BURN	strongHER				KamiBo®		strongHER										
16:30			STRENGTH	FITNESS		HURRICANE			METABOLIC	BURN								
16:45				BACK														
17:00																		
17:15	FITNESS	STEP BURN		BURN		PILATES		deepWORK™										
17:30			ALPHA	FITNESS		STRENGTH			OMEGA	FITNESS								
17:45	BACK																	
18:00		YOGA				strongHER		JUMP										
18:15	FITNESS		HURRICANE	BACK		METABOLIC			STRENGTH	PILATES								
18:30				FITNESS														
18:45																		
19:00																		
19:15																		
19:30																		
19:45																		
20:00		PILATES					BURN											
20:15																		
20:30																		
20:45																		
21:00																		
21:15																		