

Der VIBES
Programmplan ist ab
14.09.2026 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:

[illegible]

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