

FITNESS AGOSTO 2021

	Aretoa Sala	Astelehena Lunes 2	Astearte Martes 3	Asteazkena Miércoles 4	Osteguna Jueves 5	Ostirala Viernes 6	Larunbata Sábado 7	Igandea Domingo 8
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	FESTIVO			
8:15-9:15	1	Sh'Bam Virtual	Body Balance Virtual	Sh'Bam Virtual				
9:30-10:30	1	Body Pump	STEP BAKH	Body Pump		Body Pump Virtual	Body Pump Virtual	Body Balance Virtual
	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium		Cycling Premium	Cycling Virtual	Cycling Virtual
10:45 -11:45	Cycling	Cycling Virtual	Cycling Premium	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual
	1	Body Balance	Body Pump	STEP BAKH		Entrenamiento Funcional	Body Combat Virtual	Sh'Bam Virtual
	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual		Body Combat Virtual		
12:00-13:00	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium		Cycling Virtual		
	1	G.A.P	Sh'Bam Virtual	Entrenam Funcional		Body Balance Virtual		
15:30-16:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual		
	1	Body Balance Virtual	Body Combat Virtual	Body Pump Virtual		Body Combat Virtual		
16:45-17:35	1/2	Sh'Bam Virtual	GAP	Sh'Bam Virtual				
17:35-18:35	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual		
18:35-19:25	1/2	Body Combat Virtual	TRX 30'	Core-G.a.p				
19:00-20:00	1	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual		Body Combat Virtual		

	Aretoa Sala	Astelehena Lunes 9	Astearte Martes 10	Asteazkena Miércoles 11	Osteguna Jueves 12	Ostirala Viernes 13	Larunbata Sábado 14	Igandea Domingo 15
7:15-8:05	Cycling		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1		Body Balance Virtual	Sh'Bam Virtual	Body Balance Virtual	Sh'Bam Virtual		
9:30-10:30	1	Body Pump Virtual	Entrenamiento Funcional	Body Pump Virtual	G.A.P 30'	Body Pump Virtual	Body Pump Virtual	Body Balance Virtual
	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Virtual
10:45 -11:45	Cycling	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1	Entrenamiento Funcional	Body Balance Virtual	CORE 30'	Body Balance Virtual	Entrenamiento Funcional	Body Combat Virtual	Sh'bam Virtual
	1/2	Body Combat Virtual	HIIT TRX	Body Combat Virtual	G.A.P	Body Combat Virtual		
12:00-13:00	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:30	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual			
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual		
17:45-18:45	1	Sh bam virtual	Body Jam virtual	Body Combat Virtual	Sh'Bam Virtual			
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:00-20:00	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual			
20:15-21:15	1	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual		

	Aretoa Sala	Astelehena Lunes 16	Astearte Martes 17	Asteazkena Miércoles 18	Osteguna Jueves 19	Ostirala Viernes 20	Larunbata Sábado 21	Igandea Domingo 22
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'Bam Virtual	Body Balance Virtual	Sh'Bam Virtual	Body Balance Virtual	Sh'Bam Virtual		
9:30-10:30	1	Entrenamiento Funcional	Body Pump Virtual	Entrenamiento Funcional	B.Pump	Body Pump Virtual	Body Pump Virtual	Body Balance Virtual
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45 -11:45	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1/2	CORE 30'	Body Pump Virtual	Sh 'Bam	HIIT	Body Balance Virtual	Body Combat Virtual	Sh'Bam Virtual
	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual		
12:00-13:00	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:30	1	B.Pump	Body Combat Virtual	G.A.P	B.Pump			
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual		
17:45-18:45	1	Body Jam	Body Jam virtual	Entrenamiento Funcional	Body Jam			
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:00-20:00	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual			
20:15-21:15	1	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual		

	Aretoa Sala	Astelehena Lunes 23	Astearte Martes 24	Asteazkena Miércoles 25	Osteguna Jueves 26	Ostirala Viernes 27	Larunbata Sábado 28	Igandea Domingo 29
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'Bam Virtual	Body Balance Virtual	Sh'Bam Virtual	Body Balance Virtual	Sh'Bam Virtual		
9:30-10:30	Cycling	Cycling Premium		Cycling Premium		Cycling Premium	Body Pump Virtual	Body Balance Virtual
	1	Body Pump	Entrenamiento Funcional	Body Pump Virtual	B.Pump	Body Pump Virtual	Cycling Virtual	Cycling Virtual
10:45 -11:45	Cycling	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1	CORE 30'	HIIT TRX	CORE 30'	HIIT TRX	Entrenamiento Funcional	Body Combat Virtual	Sh'Bam Virtual
	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual		
12:00-13:00	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:30	1	G.A.P	G.A.P	G.A.P	G.A.P			
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Latin Bakh	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual		
17:45-18:45	1	Sh 'Bam	Body Jam	Body pump	Entrenamiento Funcional			
18:30-19:30	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Virtual		
19:00-20:00	1	Body Pump Virtual	Body Combat Virtual	TRX 30'	Sh 'Bam			
20:20-21:20	1	Body Balance Virtual	Body Balance Virtual	Latin Bakh	Body Pump Virtual	Latin Bakh		

	Aretoa Sala	Astelehena Lunes 30	Astearte Martes 31
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual
8:15-9:15	1	Sh'Bam Virtual	Body Balance Virtual
9:30-10:30	1	Body Pump	STEP BAKH
	Cycling	Cycling Premium	Cycling Virtual
10:45 -11:45	Cycling	Cycling Virtual	Cycling Premium
	1	Body Balance	Body Pump
	1	Body Combat Virtual	Body Balance Virtual
12:00-13:00	Cycling	Cycling Virtual	Cycling Virtual
15:30-16:30	1	G.A.P	Entrenamiento Funcional
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual
16:45-17:35	1	Body Balance Virtual	Latin Bakh
17:45-18:45	1	Entrenam Funcional	Body Jam
18:30-19:30	Cycling	Cycling Premium	Cycling Premium
19:00-20:00	1	Sh 'Bam	TRX 30'
20:20-21:20	1	Latin Bakh	Body Pump Virtual

BAKH, CIUDAD DEPORTIVA DE BASKONIA Y ALAVÉS

HORARIO BAKH

LUNES - VIERNES: 07:00 - 23:00  
SÁBADOS - DOMINGOS Y FESTIVOS: 09:00 - 22:00

ACCEDE A TU PERFIL Y GESTIONA TUS RESERVAS EN: [bakh.depsite.net](http://bakh.depsite.net)

SOCIO BAKH - SOCIO BÁSICO

Zona Social · Piscinas Interiores · Piscinas Exteriores · Pista de Hielo · Restaurante

SOCIO BAKH FITNESS

Actividades Dirigidas Sala fitness

SOCIO BAKH PREMIUM

Actividades Dirigidas Sala fitness  
Cycling  
Spa  
Parking

DESCUENTOS BAKH

Todas las modalidades de Socios:  
Descuentos en:  
Wellness  
Nutrición

Modalidades Pádel, Raqueta y Todo Incluido:  
Descuentos en alquiler de pistas y cursos.

SOCIO BAKH PÁDEL

Pádel

SOCIO BAKH RAQUETA

Spa  
Parking  
Pádel

SOCIO BAKH TODO INCLUIDO

Actividades Dirigidas · Sala fitness · Cycling · Spa · Parking · Pádel · Toalla Diaria