

|               | Aretoa        | Astelehena                      | Asteartea               | Asteazkena                      | Osteguna                | Ostirala                | Larunbata            | Igandea              |
|---------------|---------------|---------------------------------|-------------------------|---------------------------------|-------------------------|-------------------------|----------------------|----------------------|
|               | Sala          | Lunes                           | Martes                  | Miércoles                       | Jueves                  | Viernes                 | Sábado               | Domingo              |
| 7:15 - 8:05   | Cycling       | Cycling                         | Cycling Virtual         | Cycling                         | Cycling Virtual         | Cycling                 |                      |                      |
|               | Cross         | CROSSTRAINIG                    |                         | CROSSTRAINIG                    |                         | CROSSTRAINIG            |                      |                      |
|               | Boxing        |                                 | FitBoxing               |                                 | FitBoxing               |                         |                      |                      |
|               | 1             |                                 | Entrenamiento Funcional |                                 | Entrenamiento Funcional |                         |                      |                      |
|               | 2             | Body PUMP Virtual               |                         | Body PUMP Virtual               |                         | Body PUMP Virtual       |                      |                      |
| 8:00 - 8:45   | Piscina       |                                 | AQUA Fitness            |                                 | AQUA Fitness            |                         |                      |                      |
| 8:15 - 8:45   | 1             | FULLBODY 30'                    |                         | FULLBODY 30'                    |                         |                         |                      |                      |
| 8:15 - 8:45   | 2             |                                 | Body PUMP Virtual       |                                 | Body PUMP Virtual       |                         |                      |                      |
| 8:30 - 9:25   | Corpore       |                                 | Espalda Sana-Gravity    |                                 | Espalda Sana-Gravity    |                         |                      |                      |
| 8:30 - 9:20   | Cross         | HYROX                           |                         | HYROX                           |                         | HYROX                   |                      |                      |
| 9:00 - 9:25   | 1             | Funcional Express               |                         | Funcional Express               |                         | Funcional Express       |                      |                      |
| 9:30 - 10:15  | Piscina       | AQUA Fitness                    |                         | AQUA Fitness                    |                         | AQUA Fitness            |                      |                      |
| 9:30 - 10:30  | 1             | Body PUMP                       | Body COMBAT             | Body BALANCE                    | STEP TRAINING           | Less Mills Dance        |                      |                      |
|               | Corpore       | Espalda Sana-Gravity            | HIIT-Gravity            | Espalda Sana-Gravity            | HIIT-Gravity            | Espalda Sana-Gravity    |                      |                      |
|               | Boxing        | FitBoxing                       |                         | FitBoxing                       |                         | FitBoxing               |                      |                      |
|               | 2             | Body BALANCE                    |                         | Body PUMP                       | Entrenamiento Funcional |                         |                      |                      |
|               | Cross         | ENDURANCE                       | CROSSTRAINIG            | ENDURANCE                       | CROSSTRAINIG            | ENDURANCE               |                      |                      |
|               | Cycling       | Cycling                         | Cycling                 | Cycling                         | Cycling                 | Cycling                 |                      |                      |
| 9:15 - 10:15  | Cycling       |                                 |                         |                                 |                         |                         | Cycling Virtual      | Cycling Virtual      |
| 10:00 - 10:50 | 2             |                                 | Entrenamiento Funcional |                                 |                         |                         | Actividad Dirigida   | Actividad Dirigida   |
| 10:15 - 11:15 | 1             |                                 |                         |                                 |                         |                         |                      |                      |
| 10:30 - 11:10 | Piscina       | AQUA Balance                    |                         | AQUA Balance                    |                         |                         |                      |                      |
| 10:30 - 11:25 | Corpore       | Espalda Sana-Gravity            | Espalda Sana-Gravity    | Espalda Sana-Gravity            | Espalda Sana-Gravity    |                         |                      |                      |
|               | Cross         | CALISTENIA                      | HYROX                   | CALISTENIA                      | HYROX                   | HYROX                   |                      |                      |
|               | 1             | GAP                             | Body PUMP               | Entrenamiento Funcional         | Body PUMP               | Entrenamiento Funcional |                      |                      |
|               | 2             |                                 |                         |                                 |                         | Body BALANCE            |                      |                      |
|               | Cycling       | Cycling Virtual                 | Cycling Virtual         | Cycling Virtual                 | Cycling Virtual         | Cycling Virtual         |                      |                      |
| 11:00 - 11:30 | 2             |                                 | Reto HIIT               |                                 | Reto HIIT               |                         |                      |                      |
| 11:20 - 12:10 | Cycling       |                                 |                         |                                 |                         |                         | Cycling              | Cycling              |
| 11:30 - 12:25 | Calis         |                                 |                         |                                 |                         | CALISTENIA              |                      |                      |
| 11:35 - 12:25 | 1             | Movilidad Articular             |                         | Movilidad Articular             |                         |                         |                      |                      |
| 11:35 - 12:25 | 2             |                                 |                         |                                 |                         | Body PUMP Virtual       | Body PUMP Virtual    | Body PUMP Virtual    |
| 11:45 - 12:35 | 1             |                                 | Senior Fit              |                                 | Senior Fit              |                         |                      |                      |
| 11:45 - 12:35 | Cycling       |                                 | Cycling Virtual         |                                 | Cycling Virtual         |                         |                      |                      |
| 12:15 - 13:00 | Piscina       |                                 |                         |                                 |                         |                         | AQUA Fitness         |                      |
| 12:35 - 13:35 | 2             |                                 |                         |                                 |                         |                         | Body BALANCE Virtual | Body BALANCE Virtual |
| 13:15 - 14:10 | Cycling       | Cycling Virtual                 |                         | Cycling Virtual                 |                         | Cycling Virtual         |                      |                      |
| 13:45 - 14:15 | 1             |                                 | HIIT Core               |                                 | HIIT Core               |                         |                      |                      |
| 13:45 - 14:35 | 2             | Funcional HIIT                  |                         | Funcional HIIT                  |                         | Funcional HIIT          |                      |                      |
| 14:15 - 15:00 | Cycling       | Cycling Virtual                 | Cycling Virtual         | Cycling Virtual                 | Cycling Virtual         | Cycling Virtual         |                      |                      |
| 14:35 - 15:25 | Calis         |                                 |                         |                                 |                         | Calistenia              |                      |                      |
| 15:00 - 15:45 | 1             |                                 | Entrenamiento Funcional |                                 | Entrenamiento Funcional |                         |                      |                      |
| 15:30 - 16:25 | 2             |                                 | Body PUMP Virtual       |                                 | Body PUMP Virtual       |                         |                      |                      |
| 15:30 - 16:25 | 1             | Entrenamiento Funcional         |                         | Entrenamiento Funcional         |                         | G.A.P                   |                      |                      |
| 15:30 - 16:25 | Cycling       | Cycling Virtual                 | Cycling Virtual         | Cycling Virtual                 | Cycling Virtual         | Cycling Virtual         |                      |                      |
|               | Corpore       | HIIT-Gravity                    | Espalda Sana-Gravity    | HIIT-Gravity                    | Espalda Sana-Gravity    | HIIT-Gravity            |                      |                      |
| 15:45 - 16:45 | Cross         | ENDURANCE                       | CALISTENIA              | ENDURANCE                       | CALISTENIA              | HYROX                   |                      |                      |
| 16:30 - 17:25 | Corpore       | Espalda Sana-Gravity            | Espalda Sana-Gravity    | Espalda Sana-Gravity            | Espalda Sana-Gravity    |                         |                      |                      |
| 16:30 - 17:30 | 2             |                                 | Step Dance              |                                 | Step Dance              |                         |                      |                      |
| 17:30 - 18:25 | 1             | Entrenamiento Funcional         | Body PUMP               | Entrenamiento Funcional         | Body PUMP               |                         |                      |                      |
|               | 2             | Body PUMP                       | G.A.P                   | Body PUMP Virtual               | G.A.P                   | Body PUMP Virtual       | Body PUMP Virtual    | Body BALANCE Virtual |
|               | Cycling       | Cycling                         | Cycling                 | Cycling                         | Cycling                 |                         | Cycling Virtual      | Cycling Virtual      |
|               | Cross         | CALISTENIA                      | CROSSTRAINIG            | CALISTENIA                      | CROSSTRAINIG            | CALISTENIA              |                      |                      |
|               | Boxing        | FitBoxing                       |                         | FitBoxing                       |                         |                         |                      |                      |
|               | Corpore       | Gravity-Pilates                 | Espalda Sana-Gravity    | Gravity-Pilates                 | Espalda Sana-Gravity    |                         |                      |                      |
| 17:45 - 18:45 | Hall          | Running Bakh Iniciación         |                         | Running Bakh Iniciación         |                         |                         |                      |                      |
| 18:00 - 18:50 | Boxing        |                                 |                         |                                 |                         | FitBoxing               |                      |                      |
| 18:00 - 18:50 | Cycling       |                                 |                         |                                 |                         | Cycling                 |                      |                      |
| 18:30 - 19:25 | Cycling       | Cycling                         | Cycling                 | Cycling                         | Cycling                 |                         |                      |                      |
|               | 1             | Body BALANCE                    | Body BALANCE            | Body COMBAT                     | Body BALANCE            |                         |                      |                      |
|               | 2             |                                 | Body JAM                |                                 | Body JAM                | Body BALANCE Virtual    |                      |                      |
|               | Cross         | HYROX                           | CALISTENIA              | HYROX                           | CALISTENIA              |                         |                      |                      |
|               | Boxing        |                                 | FitBoxing               |                                 | FitBoxing               |                         |                      |                      |
|               | Corpore       | Espalda Sana-Gravity            | Gravity-Pilates         | Espalda Sana-Gravity            | Gravity-Pilates         |                         |                      |                      |
| 18:45 - 19:45 | Hall          | Running Bakh Medios / Avanzados |                         | Running Bakh Medios / Avanzados |                         |                         |                      |                      |
| 18:45 - 19:15 | 2             | Reto HIIT                       |                         | Reto HIIT                       |                         | HIIT Core 30'           |                      |                      |
| 19:00 - 19:50 | Cross         |                                 |                         |                                 |                         | HYROX                   |                      |                      |
| 19:30 - 20:00 | Ftiboxing / 2 | Core                            |                         | Core                            |                         |                         | Body BALANCE Virtual | Body BALANCE Virtual |
| 19:30 - 20:30 | 1             | Body COMBAT                     |                         |                                 |                         | Entrenamiento Funcional |                      |                      |
| 19:30 - 20:25 | Corpore       | HIIT-Gravity                    | Espalda Sana-Gravity    | HIIT-Gravity                    | Espalda Sana-Gravity    |                         |                      |                      |
| 19:30 - 20:00 | Cycling       | Cycling 30'                     | Cycling Virtual         | Cycling 30'                     | Cycling Virtual         | Cycling Virtual         |                      |                      |
| 19:30 - 20:15 | 5             | Mindfulness                     |                         |                                 |                         |                         |                      |                      |
| 19:30 - 20:30 | 2             | Bakh Dance                      |                         | Less Mills Dance                |                         | Bakh Dance              |                      |                      |
| 19:45 - 20:45 | 1             |                                 | Body PUMP               |                                 | Body PUMP               |                         |                      |                      |
| 19:45 - 20:45 | 2             |                                 | Body BALANCE            |                                 | Body BALANCE            |                         |                      |                      |
| 20:00 - 20:45 | Piscina       |                                 | AQUA Fitness            |                                 | AQUA Fitness            |                         |                      |                      |
| 20:00 - 20:45 | Cross         |                                 | CALISTENIA              |                                 | CALISTENIA              |                         |                      |                      |
| 20:30 - 21:30 | 2             | Body BALANCE Virtual            |                         | Body BALANCE Virtual            |                         | Body BALANCE Virtual    |                      |                      |
| 21:45 - 22:35 | Cycling       |                                 | Cycling Virtual         |                                 | Cycling Virtual         |                         |                      |                      |

| TONIFICACIÓN MUSCULAR   | RESISTENCIA         | CLASES EXPRESS 30' | CUERPO - MENTE       | CARDIOVASCULARES | BAILE Y COREOGRAFÍA | CORPORE SANO                |
|-------------------------|---------------------|--------------------|----------------------|------------------|---------------------|-----------------------------|
| Funcional HIIT          | Funcional HIIT      | HIIT Core          | Movilidad Articular  | Cycling          | Step Dance          | Espalda Sana-Gravity        |
| Entrenamiento Funcional | Reto HIIT           | Core               | Body BALANCE         | Cycling 30'      | Body JAM            | Gravity-Pilates             |
| Movilidad Articular     | Step Training       | Fullbody           | AQUA Balance         | Cycling Virtual  | Les Mills Dance     | HIIT-Gravity                |
| Body COMBAT             | Body COMBAT         | Funcional Express  | Mindfulness          | Fitboxing        | Bakh Dance          |                             |
| Body PUMP               | Body PUMP           | Cycling 30'        | Body BALANCE Virtual | Step             | Mix Latinos         | CLASES CON TARIFA ADICIONAL |
| G.A.P.                  | FitBoxing           |                    |                      | Les Mills Dance  |                     |                             |
| CrossTraining           | CrossTraining       | Running Bakh       |                      | Body JAM         |                     |                             |
| Endurance               | Endurance           |                    |                      | Body COMBAT      |                     |                             |
| Core                    | Calistenia          | HYROX              |                      |                  |                     |                             |
| Body PUMP Virtual       | Body PUMP Virtual   |                    |                      |                  |                     |                             |
| Body COMBAT Virtual     | Body COMBAT Virtual | AQUA               |                      |                  |                     |                             |

**BAKH, CIUDAD DEPORTIVA DE BASKONIA Y ALAVÉS**

SOCIO **BAKH** - SOCIO BÁSICO

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

SOCIO **BAKH** - MODALIDADES EXTRA

SOCIO **BAKH** FITNESS

Actividades Dirigidas  
Sala fitness

SOCIO **BAKH** PREMIUM

Actividades Dirigidas  
Vestuario Premium  
Sala fitness  
Spa

DESCUENTOS **BAKH**

Todas las modalidades de Socios:

Descuentos en Fisioterapia

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

SOCIO **BAKH**

Pádel  
Plazo de reserva: 15

SOCIO **BAKH** RAQUETA

Pádel  
Spa  
Parking  
Plazo de reserva: 15 días +1 día/mes  
4 primeros partidos/mes  
Gratis

SOCIO **BAKH** TODO INCLUIDO

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

**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.deporsite.net**

**POTENCIA TU EXPERIENCIA EN **BAKH****

ENTRENAMIENTOS PERSONALES

**\*Consulta toda la información que necesites con nuestro personal de BAKH y en la web [www.bakh.es](http://www.bakh.es)**