HOTEL BAYERISCHER HOF MIESBACH

CLASSES

Schedule from 1 November 2026

Start the day fit, end it in motion: our classes at the Sportpark, Monday to Friday.

5 class days · **11** classes a week · **9** class formats · **9–10** in the morning · **17–20:30** in the evening

DAY	MORNING	EVENING
Monday	9–10 Yoga	18–19 Spinning
Tuesday	9–10 Bodystyling	17–18 Athletix (FROM 12 JAN 2027); 18:45–19:45 Piloxing
Wednesday	9–10 Back Fitness	18:15–19:15 Full Body Workout
Thursday	9–10 Pilates	18–19 Back Fitness; 19:30–20:30 Zumba
Friday	9–10 Back Fitness	*No evening class*

Saturday and Sunday no classes

NEW FROM 12 JANUARY 2027

Athletix

Tuesdays from 17:00 to 18:00, right before Piloxing.

FOR HOTEL GUESTS

All classes · € 15

per person per hour. Please sign up at reception at least 1 day in advance.

SIGN-UP AND INFORMATION

We look forward to seeing you

Questions about classes, courts and dates? Ask us at reception, by phone or by email.

CONTACT

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