sunshine yoga

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				10h00 – 11h30 **Yoga Dynamique**	09h00 – 10h30 **Vinyasa Flow Yoga**	
		10h00 – 11h15 **Gentle Hatha Yoga**	10h30 – 11h45 **Gentle Hatha Yoga**		10h45 – 12h00 **Yoga All Levels**	
12h40 – 13h50 **Vinyasa Yoga**					12h30-14h00 **Qi-Gong Meditation**	
					14h00 – 15h45 **Yoga 23 FIT**	
	17h45 – 19h00 **Restorative Yoga**	18h00 – 19h00 **Pilates Yoga Fusion**		17h30 – 19h15 **Yoga 23 FIT**		
19h15 – 20h45 **Hatha Yoga**	19h15 – 21h00 **Vinyasa Yoga**	19h15 – 21h00 **Yoga 23 FIT**	19h15 – 20h45 **Vinyasa Flow Yoga**			18h30 – 19h45 **Yoga Stretch & Relax**

Programme valable du 1er Aout au 11 Septembre inclus – Schedule as from August 1st until September 11th included

Sunshine Yoga Founder: Anette Shine

Instructor and class subject to change.
Closed on Monegasque Bank Holidays.
Please purchase your class ticket in the Drugstore before the class begins

Monte-Carlo Bay Hotel & Resort
40, Avenue Princesse Grace
Monte-Carlo 98000
Principality of Monaco

1 Class - 25 €
10 Classes - 225 €
Unlimited Monthly Membership - 190 €