

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09h15 – 10h45 Vinyasa Yoga Fabia	09h15 – 10h30 Yoga All Levels Lisa	09h15 – 10h45 Ashtanga Yoga Lisa	09h15 – 10h45 Vinyasa Yoga Fabia	09h15 – 10h30 Gentle Yoga Douceur Fabia	09h00 – 10h30 Vinyasa Yoga Karine	
					10h45 – 12h15 Yoga All Levels Anette	11h00 – 12h30 Ashtanga Yoga Lisa
12h15 – 13h45 Yoga All Levels Fabia	12h30 – 13h40 Pilates Fusion Anna		12h30 – 13h40 Pilates Fusion Anna	12h15 – 13h45 Ashtanga Yoga Lisa		
17h45 – 19h00 Ashtanga Yoga Lisa	17h45 – 19h00 Gentle Yoga Anette	18h15 – 19h45 Ashtanga Yoga Lisa	18h00 – 19h00 Pilates with Weights Anette	18h00 – 19h15 Gentle Yoga Flow Karine		
19h15 – 20h45 Gentle Yoga Flow Karine	19h15 – 20h45 Vinyasa Yoga Anette		19h15 – 20h45 Vinyasa Yoga Karine			17h30 – 18h45 Yoga Relax Anette

Programme valable à partir du 1 Mars 2017 – Schedule as from March 1st 2017

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
 Free parking at the hotel parking (not valet) – Parking gratuit dans
 le parking au-dessous de l'hôtel (pas de service voiturier)

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

1 Class - 27 €
 Full Moon Yoga/New Moon Yoga Events – 35 €
 10 Classes - 240 €
 Unlimited Monthly Membership (Moon events not included) - 210 €