

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

**Programme valable à partir du 1 Juin 2017 – Schedule as from June 1<sup>st</sup> 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 / Special Events – 35 €