

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	09h15 – 10h30 <b>Yoga All Levels</b> Lisa	09h15 – 10h45 <b>Ashtanga Yoga</b> Lisa			09h00 – 10h30 <b>Vinyasa Yoga</b> Anette/Karine	
10h00 – 11h15 <b>Yoga All Levels</b> Anette			11h00 – 12h15 <b>Yogalates</b> Anna	10h00 – 11h15 <b>Gentle Yoga</b> Anette/Lisa	10h45 – 12h15 <b>Yoga All Levels</b> Anette/Karine	11h00 – 12h30 <b>Ashtanga Yoga</b> Lisa
	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				
19h15 – 20h45 <b>Gentle Yoga Flow</b> Karine	19h15 – 20h45 <b>Vinyasa Yoga</b> Anette		19h15 – 20h45 <b>Vinyasa Yoga</b> Karine			18h30 – 19h45 <b>Yoga Relax</b> Anette

**Programme valable à partir du 1 Juillet 2017 – Schedule as from July 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 €  
 5 Classes - 128 €  
 10 Classes - 240 €  
 Full Moon Yoga / Special Events – 35 €  
 Private Lesson (1 person) - 120 €  
 Private Lesson (2 persons) - 150 €  
 Private Lesson (3 persons) - 180 €