

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h00 – 10h15 Vinyasa Yoga <i>Anette</i>		09h00 – 10h30 Ashtanga Yoga <i>Alessia</i>		8h45 – 9h45 Gentle Detox Yoga <i>Karine R.</i>	09h00 – 10h30 Vinyasa Flow <i>Anette</i>	
10h30 – 11h45 Yoga All Levels <i>Anette</i>	10h00 – 11h15 Yogalates <i>Anna</i>		10h00 – 11h15 Yogalates <i>Anna</i>	10h00 – 11h30 Vinyasa Flow <i>Karine</i>	10h45 – 12h15 Yoga All Levels <i>Anette</i>	11h00 – 12h30 Ashtanga Yoga <i>Alessia/Anette</i>
	12h30 – 13h40 Pilates Fusion <i>Anna</i>		12h30 – 13h40 Pilates Fusion <i>Anna</i>			
17h45 – 19h00 Ashtanga Yoga (modified) <i>Alessia</i>	17h45 – 19h00 Gentle Yoga (relax) <i>Anette</i>	18h15 – 19h45 Ashtanga Yoga <i>Alessia</i>				
19h15 – 20h45 Gentle Yoga Flow <i>Karine</i>	19h15 – 20h45 Vinyasa Yoga <i>Anette</i>		19h15 – 20h45 Gentle Yoga Flow <i>Karine</i>			17h30 – 18h45 Yoga Relax <i>Anette</i>

Programme valable à partir du 1er Octobre 2017 – Schedule as from October 1th 2017

Sunshine Yoga Founder: Anette Shine

Instructor and class subject to change.

Closed on Monegasque Bank Holidays.

Please purchase your class ticket online or pay by credit card in the yoga room

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 – 40 €

Private Lesson (1 person) - 120 €

Private Lesson (2 persons) - 150 €

Private Lesson (3 persons) - 180 €