

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h00 – 10h15 Vinyasa Yoga		09h00 – 10h30 Ashtanga Yoga		8h45 – 9h45 Gentle Detox Yoga	09h00 – 10h30 Vinyasa Flow	
10h30 – 11h45 Yoga All Levels	10h00 – 11h15 Yogalates	10h45 – 12h00 Yin Yoga (relax)	10h00 – 11h15 Yogalates	10h00 – 11h30 Vinyasa Flow	10h45 – 12h15 Yoga All Levels	11h00 – 12h30 Ashtanga Yoga
	12h30 – 13h40 Pilates Fusion		12h30 – 13h40 Pilates Fusion			
17h45 – 19h00 Ashtanga Yoga (modified)	17h45 – 19h00 Gentle Yoga (relax)	18h15 – 19h45 Ashtanga Yoga				
19h15 – 20h45 Gentle Yoga Flow	19h15 – 20h45 Vinyasa Yoga		19h15 – 20h45 Gentle Yoga Flow			17h30 – 18h45 Yoga Relax

Programme valable à partir du 11 Septembre 2017 – Schedule as from September 11th 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 €