

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h00 – 10h20 <b>Vinyasa Yoga</b> <i>Anette</i>	9h15 – 10h45 <b>Ashtanga Yoga</b> <i>Alessia</i>	8h00 – 9h00 <b>Yoga for Flexibility</b> <i>Anette</i>	9h15 – 10h45 <b>Ashtanga Yoga</b> <i>Alessia</i>	8h45 – 9h50 <b>Gentle Yoga Detox</b> <i>Karine</i>	09h15 – 10h30 <b>Vinyasa Yoga</b> <i>Anette</i>	
		9h15 – 10h20 <b>Pilates with Weights</b> <i>Anette</i>			10h45 – 12h00 <b>Hatha Yoga</b> <i>Anette</i>	11h00 – 12h30 <b>Ashtanga Yoga</b> <i>Prof à rotation</i>
	12h30 – 13h40 <b>Pilates Fusion</b> <i>Anja</i>		12h30 – 13h40 <b>Pilates Fusion</b> <i>Anja</i>	12h15 – 13h45 <b>Ashtanga Yoga</b> <i>Karine</i>		
17h45 – 19h00 <b>Ashtanga Yoga (modified)</b> <i>Alessia</i>	17h45 – 19h00 <b>Yoga for Flexibility</b> <i>Anette</i>	18h15 – 19h45 <b>Ashtanga Yoga</b> <i>Alessia</i>				
19h15 – 20h45 <b>Gentle Yoga Flow</b> <i>Karine</i>	19h15 – 20h45 <b>Vinyasa Challenge</b> <i>Anette</i>		19h15 – 20h45 <b>Gentle Vinyasa</b> <i>Karine</i>			17h30 – 18h45 <b>Yoga Relax</b> <i>Anette</i>

**Programme valable à partir du 2 Novembre 2017 – Schedule as from November 2<sup>th</sup> 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 €