

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h15 – 10h30 <b>Yoga Stretch &amp; Relax</b> <i>Anette</i>	9h15 – 10h45 <b>Ashtanga Yoga</b> <i>Anette/Guest</i>	9h15 – 10h45 <b>Vinyasa Yoga</b> <i>Anette/Guest</i>	9h15 – 10h45 <b>Ashtanga Yoga</b> <i>Anette/Guest</i>	8h45 – 9h50 <b>Gentle Yoga Detox</b> <i>Karine R.</i>	09h15 – 10h30 <b>Vinyasa Yoga</b> <i>Anette</i>	
12h30 – 13h30 <b>Vinyasa Yoga</b> <i>Anette/Guest</i>					10h45 – 12h00 <b>Hatha Yoga</b> <i>Anette</i>	10h30 – 12h00 <b>Ashtanga Yoga</b> <i>Prof à rotation</i>
14h15 – 15h30 <b>Yoga Prenatal</b> <i>Karine R.</i>	12h30 – 13h30 <b>Pilates Fusion</b> <i>Terri-Lynn</i>		12h30 – 13h30 <b>Pilates Fusion</b> <i>Noora</i>			
17h45 – 19h00 <b>Ashtanga Yoga (modified)</b> <i>Mia</i>	17h45 – 19h00 <b>Yoga Relax</b> <i>Anette</i>			17h45 – 19h00 <b>Yoga Relax</b> <i>Mia</i>		
19h15 – 20h45 <b>Gentle Yoga Flow</b> <i>Karine T.</i>	19h15 – 20h45 <b>Vinyasa Challenge</b> <i>Anette</i>	18h15 – 19h45 <b>Ashtanga Yoga</b> <i>Karine T.</i>	19h15 – 20h45 <b>Vinyasa Yoga</b> <i>Mia</i>			17h30 – 18h45 <b>Yoga Relax</b> <i>Anette</i>

**Programme valable à partir du 1er Février 2018 – Schedule as from February 1<sup>st</sup> 2018**

**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 €