

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

Programme valable à partir du 1er Avril 2018 – Schedule as from April 1st 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 €