

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/Mia</i>	09h15 – 10h30 Vinyasa Yoga <i>Anette</i>	
12h30 – 13h30 Vinyasa Yoga <i>Caroline</i>				10h45 – 12h00 Vinyasa Yoga <i>Mia</i>	10h45 – 12h00 Hatha Yoga <i>Anette</i>	10h30 – 12h00 Ashtanga Yoga <i>Prof à rotation</i>
14h15 – 15h30 Yoga Prenatal <i>Karine</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 <i>Mia</i>	17h45 – 19h00 Yoga Relax <i>Anette</i>					
19h15 – 20h45 Gentle Yoga Flow <i>Mia</i>	19h15 – 20h45 Vinyasa Challenge <i>Anette</i>	18h15 – 19h45 Ashtanga Yoga <i>Mia</i>	19h15 – 20h45 Vinyasa Yoga <i>Mia</i>			17h30 – 18h45 Yoga Relax <i>Anette</i>

Programme valable à partir du 1^{er} Mai 2018
 Schedule as from May 1st 2018

Tarifs – Class fees	En ligne – On-line	Sur place - On site
1 Class	27 €	30 €
5 Classes	128 €	Uniquement en ligne/ only on-line
10 Classes	240 €	
Full Moon Yoga / Special Events		40 €
Private Lesson (1 person)		120 €

Réservez en ligne
Book On-line

<http://yogamontecarlo.com/book-online/>



Sunshine Yoga Founder: Anette Shine Instructor and class subject to change. Closed on Monegasque Bank Holidays. 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