

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h15 – 10h30 Yoga Stretch & Relax Anette	9h15 – 10h45 Ashtanga Yoga Nadja/Ljiljana	9h15 – 10h45 Vinyasa Yoga Katrina	9h15 – 10h45 Ashtanga Yoga Nadja/Ljiljana		09h15 – 10h30 Vinyasa Yoga Anette	
12h30 – 13h30 Vinyasa Yoga Anette				10h45 – 12h00 Vinyasa Yoga Mia	10h45 – 12h00 Hatha Yoga Anette	10h30 – 12h00 Ashtanga Yoga Nadja/Ljiljana
17h45 – 19h00 Ashtanga Yoga Mia	17h45 – 19h00 Yoga Relax Anette	18h00 – 19h00 Core Yoga Katrina				
19h15 – 20h45 Gentle Yoga Flow Mia	19h15 – 20h45 Vinyasa Challenge Anette	19h15 – 20h45 Vinyasa Yoga Katrina	19h15 – 20h45 Vinyasa Yoga Mia			18h30 – 19h45 Yoga Relax Anette

Programme valable à partir du 1^{er} Juillet 2018
 Schedule as from July 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