

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h15 – 10h45 Vinyasa Yoga <i>Anette/Margaux</i>	9h15 – 10h45 Ashtanga Yoga <i>Nadja</i>	9h15 – 10h45 Vinyasa Yoga <i>Katrina</i>	9h15 – 10h45 Ashtanga Yoga <i>Nadja</i>	9h15 – 10h45 Vinyasa Yoga <i>Margaux</i>	09h15 – 10h30 Vinyasa Yoga <i>Anette/Guest</i>	
11h00 – 12h15 Yoga Prenatal <i>Karine</i>					10h45 – 12h00 Hatha Yoga <i>Anette/Guest</i>	10h30 – 12h00 Ashtanga ou Vinyasa Yoga <i>Prof à rotation</i>
12h30 – 13h30 Vinyasa Yoga <i>Margaux</i>	12h30 – 13h30 STOTT Pilates Matwork <i>Faren</i>		12h30 – 13h30 STOTT Pilates Matwork <i>Faren</i>	12h30 – 13h30 Vinyasa Yoga <i>Margaux</i>		
18h00 – 19h00 Yoga Pilates Fusion <i>Faren</i>	17h45 – 19h00 Yoga Relax <i>Anette</i>	18h00 – 19h00 Yoga Core <i>Katrina</i>				
19h15 – 20h45 Gentle Yoga <i>Faren</i>	19h15 – 20h45 Vinyasa Challenge <i>Anette</i>	19h15 – 20h45 Vinyasa Yoga <i>Katrina</i>	19h15 – 20h45 Vinyasa Yoga <i>Anette/Guest</i>			17h30 – 18h45 Yoga Relax <i>Anette</i>

Programme valable à partir du 10 Septembre 2018
 Schedule as from September 10th 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