

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h15 – 10h45 Vinyasa Yoga <i>Anette</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>Katrina</i>	09h15 – 10h30 Vinyasa Yoga <i>Anette/Guest</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>Caroline</i>	12h30 – 13h30 STOTT Pilates Matwork <i>Anne</i>			12h30 – 13h30 Vinyasa Yoga <i>Katrina</i>		
17h15 – 18h15 STOTT Pilates Matwork <i>Anne</i>	17h45 – 19h00 Yoga Relax <i>Anette</i>	18h00 – 19h00 Yoga Core <i>Katrina</i>	18h45 – 20h00 Gentle Yoga <i>Katrina</i>			
19h15 – 20h45 Hatha Yoga Douceur <i>Anne</i>	19h15 – 20h45 Vinyasa Challenge <i>Anette</i>	19h15 – 20h45 Vinyasa Yoga <i>Katrina</i>				17h30 – 18h45 Yoga Relax <i>Anette</i>

Programme valable à partir du 2 Novembre 2018
 Schedule as from November 2nd 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