

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h15 – 10h30 <b>Gentle Yoga Douceur</b> Anette	9h15 – 10h45 <b>Ashtanga Yoga</b> Nadja/Lijiana	9h15 – 10h45 <b>Vinyasa Yoga</b> Anette	9h15 – 10h45 <b>Ashtanga Yoga</b> Nadja/Lijiana	9h15 – 10h45 <b>Vinyasa Yoga</b> Malia		
					10h00 – 11h15 <b>Vinyasa Yoga</b> Anette	10h00 – 12h00 <b>Ashtanga Yoga</b> Nadja/Lijiana
12h30 – 13h30 <b>Vinyasa Yoga</b> Caroline	12h30 – 13h30 <b>STOTT Pilates Matwork</b> Anne			12h30 – 13h30 <b>Vinyasa Yoga</b> Malia		
17h15 – 18h15 <b>STOTT Pilates Matwork</b> Anne	17h45 – 19h00 <b>Yoga Relax</b> Anette	18h00 – 19h00 <b>Pilates Fusion</b> Anette	19h00 – 20h30 <b>Vinyasa Yoga</b> Géraldine			
19h15 – 20h45 <b>Hatha Yoga Douceur</b> Anne	19h15 – 20h45 <b>Vinyasa Challenge</b> Anette	19h15 – 20h45 <b>Gentle Yoga + Chanting</b> Anette				17h30 – 18h45 <b>Yoga Relax</b> Anette

Programme valable à partir du 7 Janvier 2019  
 Schedule as from January 7<sup>th</sup> 2019

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