

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

Programme valable à partir du 14 Janvier 2019
 Schedule as from January 14th 2019

Tarifs – Class fees	En ligne – On-line	Sur place - On site
1 Class	25 €	30 €
5 Classes	120 €	Uniquement en ligne/ only on-line
10 Classes	230 €	
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