

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h15 – 10h45 Chakra Vinyasa <i>Anette</i>	9h15 – 10h45 Ashtanga Yoga <i>Nadja</i>	9h15 – 10h30 Vinyasa for Flexibility <i>Anette</i>	9h15 – 10h45 Ashtanga Yoga <i>Nadja</i>	9h15 – 10h45 Vinyasa Yoga <i>Malia</i>		
					10h00 – 11h15 Vinyasa Backbends Hip Openers <i>Anette</i>	10h00 – 12h00 Ashtanga Yoga <i>Prof à rotation</i>
12h30 – 13h30 Vinyasa Yoga <i>Caroline</i>	12h30 – 13h30 Pilates Matwork <i>Keah</i>		12h30 – 13h30 Pilates Matwork <i>Anna</i>			
17h15 – 18h15 STOTT Pilates Matwork <i>Anette</i>	17h45 – 19h00 Yoga Relax <i>Anette</i>	18h00 – 19h00 Pilates Fusion Reformer Circuit <i>Anette</i>				
19h15 – 20h30 Hatha Yoga Douceur <i>Malia</i>	19h15 – 20h30 Vinyasa Journey to handstand <i>Anette</i>	19h15 – 20h30 Gentle Yoga + Chanting <i>Anette</i>				17h30 – 18h45 Yoga Relax <i>Anette</i>

Programme valable à partir du 1^{er} Mars 2019
Schedule as from March 1st 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
Unlimited monthly	250 €	
Private Yoga Lesson (1 person)	120 € (book by phone/ reservation par tel.)	
Private Reformer Lesson (1pers)	70€ (book by phone/ reservation par tel.)	

Réservez en ligne
Book On-line
<http://yogamontecarlo.com/book-online/>



Disponible sur  **App Store** DISPONIBLE SUR  **Google play**

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