

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9h15 – 10h45 Chakra Vinyasa <i>Anette</i>	9h15 – 10h45 Ashtanga ou Vinyasa Yoga <i>Nadja</i>	9h15 – 10h30 Vinyasa pour la souplesse <i>Anette</i>	9h15 – 10h45 Ashtanga ou Vinyasa Yoga <i>Nadja</i>	9h15 – 10h45 Vinyasa Yoga <i>Malia</i>		
					10h00 – 11h30 Vinyasa Yoga avancé <i>Anette</i>	10h00 – 11h30 Vinyasa Hip opener/ backbends <i>Anette</i>
12h30 – 13h30 Vinyasa Yoga <i>Caroline/Anette</i>	12h30 – 13h30 Pilates Matwork <i>Keah</i>					
						18h15 – 19h30 Yoga Relax <i>Anette</i>
19h15 – 20h30 Hatha Yoga Douceur <i>Malia</i>	19h15 – 20h30 Chakra Vinyasa <i>Anette</i>	19h30 – 20h45 Hatha Yoga pour tous <i>Anette</i>				

Programme valable à partir du 1^{er} Juin 2019
 Schedule as from June 1st 2019

Tarifs – Class fees	En ligne – On-line	Sur place - On site
1 Class	25 €	30 €
Unlimited monthly	250 €	En ligne uniquement/ only on-line
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/>



Sunshine Yoga Founder: Anette Shine Instructor and class subject to change. 3 hours free parking at the hotel parking (not valet). **KEEP YOUR PARKING TICKET AS YOU ENTER IN ORDER TO EXIT.** Parking gratuit 3 heures dans le parking au-dessous de l'hôtel (pas de service voiturier) **CONSERVEZ VOTRE TICKET DE PARKING AFIN DE POUVOIR SORTIR AVEC.**
 Monte-Carlo Bay Hotel & Resort - 40, Avenue Princesse Grace - Monte-Carlo 98000