

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December Brock

Download the app or visit www.kamloopshotyoga.com for a detailed daily schedule

778-470-6121 | #17 - 1800 Tranquille Rd. Kamloops BC, V2B3L9

CLASS LENGTH

1 hour: 4pm, 715pm & Private Classes

75 mins: 9am, 10am & 530PM

Classes in **GREEN** are Room Temperature classes

KARMA classes are \$5 minimum donation

Classes in **RED** are not scheduled

PURPLE classes are private and/or additional fee

FINAL 11.21.18

10am - Traditional Hot/Val
4pm - Gentle Hatha / Val

9am - Mukti / Jenna
11am - TCS Private Class / Joy
4pm - Mukti Music / Jenna
5:30pm-Trad.Hot / 26&2 / Dwight
7:15pm - Gentle Hatha to Restorative w/Kristin

9am - Mukti / Jenna
4pm - Traditional Hot/Leilani
5:30pm - Traditional Hot CORE w/Aimee

9am-Trad.Hot EXPAND/Leilani
4pm - Mukti / Jenna
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin / Shelly

9am - Hot Hatha / Joy
4pm - Yin / Shelly
5:30pm - Mukti Karma Music with Jenna

9am - Silent Trad.Hot / Joy
4pm - Hot Hatha / Leilani

10am - Traditional Hot/Aimee
4pm - Yin / Shelly

2
10am - Traditional Hot/Val
4pm - Gentle Hatha / Val

3
9am - Mukti / Jenna
11am - TCS Private Class / Joy
4pm - Mukti Music / Jenna
5:30pm-Trad.Hot / 26&2 / Dwight
7:15pm - Gentle Hatha to Restorative w/Kristin

4
9am - Mukti / Jenna
4pm - Traditional Hot/Leilani
5:30pm - Traditional Hot CORE w/Aimee

5
9am-Trad.Hot EXPAND/Leilani
4pm - Mukti / Jenna
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin / Shelly

6
9am - Hot Hatha / Joy
4pm - Yin / Shelly
5:30pm - Mukti Karma Music with Jenna

7
9am - Silent Trad.Hot / Joy
4pm - Hot Hatha / Leilani

8
10am - Traditional Hot/Aimee
4pm - Yin / Shelly

9
10am - Traditional Hot/Val
4pm - Gentle Hatha / Val

9am - Yoga X / Joy
4pm - Mukti Music / Rose
5:30pm-Trad.Hot / 26&2 / Dwight
7:15pm - Gentle Hatha to Restorative w/Kristin

10
9am - Mukti / Jenna
4pm - Traditional Hot/Leilani
5:30pm - Traditional Hot CORE w/Aimee

11
9am-Trad.Hot EXPAND/Leilani
4pm - Mukti / Jenna
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin / Shelly

12
9am - Hot Hatha / Joy
4pm - Yin / Shelly
5:30pm - Mukti Karma Music with Jenna

13
9am - Traditional Hot / Joy
4pm - Hot Hatha / Leilani

14
10am - Traditional Hot/Aimee
4pm - Yin / Shelly

16
10am - Traditional Hot/Val
4pm - Gentle Hatha / Val

9am - Yoga X / Joy
11am - TCS Private Class / Joy
4pm - Mukti Music / Rose
5:30pm-Trad.Hot / 26&2 / Dwight
7:15pm - Gentle Hatha to Restorative w/Kristin

17
9am - Mukti / Jenna
4pm-Traditional Hot/Shelly
5:30pm - Traditional Hot CORE w/Aimee

18
9am-Trad.Hot EXPAND/Shelly
4pm - Mukti / Jenna
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin/Live Music/Shelly

19
9am - Hot Hatha / Joy
4pm - Yin / Shelly
5:30pm - Mukti Karma Music with Jenna

20
9am - Silent Trad.Hot / Joy
4pm - Hot Hatha / Leilani

21
10am - Traditional Hot Aimee
4pm - Yin / Joy

23
10am - Traditional Hot/Val
4pm - Gentle Hatha / Val

Christmas Eve
9am - Mukti / Jenna
NO 4PM CLASS TODAY
NO 5:30PM CLASS TODAY
NO 7:15PM CLASS TODAY

Christmas Day Holiday
STUDIO CLOSED TODAY

Boxing Day Holiday
BROCK STUDIO CLOSED TODAY
Brock Studio Only Members Can Use Sahali Studio Today

26
9am - Hot Hatha / Shelly
4pm - Yin / Shelly
5:30pm - Mukti Karma Music with Jenna

27
9am - Traditional Hot / Val
4pm - Hot Hatha / Leilani

28
10am - Traditional Hot/Aimee
4pm - Yin / Shelly

30
10am - Traditional Hot/Val
4pm - Gentle Hatha / Val

New Year's Eve
9am - Yoga X / Joy
NO 4PM CLASS TODAY
NO 5:30PM CLASS TODAY
NO 7:15PM CLASS TODAY

