

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Sahali-December

### CLASS LENGTH

**1 hour:** 12pm, 3:30pm, 4pm Sat, 7pm, 9pm  
**75 minutes:** 6am, 9am, 5:15pm, 7:15pm, 4pm Sun

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

Download the app or visit [www.kamloopshotyoga.com](http://www.kamloopshotyoga.com) for a detailed daily schedule

Classes in **GREEN** are Room Temperature classes  
KARMA classes are a \$5 min. donation  
Classes in **RED** are not scheduled  
6am Classes are \$10 drop-in  
PURPLE classes are private and/or additional fee

**FINAL 11.26.18**

**2**  
9am - Hot Hatha / Kim  
Noon - Hot Flow / Kim  
4pm - Yin / Hayley

**3**  
6am - Hot Flow / Valerie  
9am - Traditional Hot / Valerie  
12pm - Mukti / Rose  
3:30pm - Hot Flow / Rose  
**5:15pm - YogaX Expand/75/Joy**  
7:15pm - Yin to Nidra / Yvette  
9pm - Mukti / Jenna

**4**  
9am - Hot Hatha / Joy  
12pm - Hatha / Joy  
3:30pm-Trad.Hot Music/Sandy  
5:15pm-Trad Hot/26&2/Dwight  
7:15pm - Hot Flow / Hayley

**5**  
6am - Traditional Hot /Joy  
9am - Silent Trad Hot /Joy  
12pm-Trad Hot Music/Sandy  
3:30pm - Hot Flow / Rose  
5:15pm - Mukti Expand/Rose  
7:15pm - Yin / Hayley  
9pm - Trad Hot / Charlotte

**6**  
9am - Traditional Hot /26&2  
Rock Music with Dwight  
12pm - Hatha / Joy  
3:30pm - Traditional Hot / Val  
5:15pm - Trad Hot Music / Val  
7:15pm - Hot Flow / Jenny

**7**  
6am - Mukti / Rose  
9am - Mukti Music / Rose  
12pm - Yin / Joy  
3:30pm - Traditional Hot/Valerie  
**5:15pm-KARMA/Traditional Hot Music with Valerie**

**8**  
9am - Traditional Hot / Valerie  
Noon - Hot Flow / Valerie  
4pm - Trad Hot Expand / Korry

**9**  
9am - Hot Hatha / Korry  
Noon - Hot Flow / Korry  
4pm - Restorative Trina

**10**  
6am - Hot Flow / Korry  
9am - Traditional Hot / Korry  
12pm - Mukti / Rose  
3:30pm - Hot Flow / Valerie  
5:15pm -Trad Hot Core/Valerie  
7:15pm - Yin / Yvette  
9pm - Mukti / Jenna

**11**  
9am - Hot Hatha / Joy  
12pm - Hatha / Joy  
3:30pm-Trad.Hot Music/Korrry  
5:15pm -Trad Hot/26&2/Korrry  
7:15pm - Hot Flow / Jenny

**12**  
6am - Traditional Hot / Korrry  
9am - Traditional Hot /Joy  
12pm - Trad Hot Music/Korrry  
3:30pm - Hot Flow / Rose  
5:15pm - Mukti / Rose  
7:15pm-**Restorative/Charlotte**  
9pm - Trad Hot / Charlotte

**13**  
9am - Traditional Hot / Korrry  
12pm - Hatha / Joy  
3:30pm - Traditional Hot/Korrry  
5:15pm - Trad Hot Music /Val  
7:15pm - Hot Flow / Val

**14**  
6am - Mukti / Rose  
9am - Mukti Music / Rose  
12pm - Silent Yin / Joy  
3:30pm - Traditional Hot/Valerie  
**5:15pm-KARMA/Traditional Hot Music with Valerie**

**15**  
9am - Traditional Hot / Valerie  
Noon - Hot Flow / Valerie  
4pm - Trad Hot Expand/Caitlin

**16**  
9am - Hot Hatha / Korrry  
Noon - Hot Flow / Korrry  
4pm - Yin / Hayley

**17**  
6am - Hot Flow / Korrry  
9am - Traditional Hot / Korrry  
12pm - Mukti / Rose  
3:30pm - Hot Flow / Valerie  
5:15pm -Trad Hot Core/Valerie  
7:15pm-Yin w/Live Music/Yvet  
9pm - Mukti / Jenna

**18**  
9am - Hot Hatha / Joy  
12pm - Hatha / Joy  
3:30pm-Trad.Hot Music/Korrry  
5:15pm -Trad Hot/26&2/Korrry  
7:15pm - Hot Flow / Hayley

**19**  
6am - Trad Hot / Korrry  
9am - Silent Trad Hot /Joy  
12pm - Trad Hot Music/Korrry  
3:30pm - Hot Flow / Rose  
5:15pm - Mukti Expand/Rose  
7:15pm-**Restorative/Charlotte**  
9pm - Trad Hot / Charlotte

**20**  
9am - Traditional Hot / Korrry  
12pm - Hatha / Joy  
3:30pm - Traditional Hot/Korrry  
5:15pm - Trad Hot Music /Val  
7:15pm - Hot Flow / Valerie

**21**  
6am - Mukti / Rose  
9am - Mukti Music / Rose  
12pm - Yin / Joy  
3:30pm - Traditional Hot/Valerie  
**5:15pm-KARMA/Traditional Hot Music with Valerie**

**22**  
9am - Traditional Hot / Valerie  
Noon - Hot Flow / Valerie  
4pm - Trad Hot Expand / Korrry

**23**  
9am - Hot Hatha / Korrry  
Noon - Hot Flow / Korrry  
4pm-**Restorative Expand Escape / 90min / Trina**

**24**  
**Christmas Eve**  
**NO 6AM CLASS TODAY**  
9am - Traditional Hot /Korrry  
12pm - Mukti / Jenna  
3:30pm - Hot Flow / Korrry  
**NO 5:15PM CLASS TODAY**  
**NO 7:15PM CLASS TODAY**  
**NO 9PM CLASS TODAY**

**25**  
**Christmas Day Holiday**  
**STUDIO CLOSED TODAY**

**26**  
**Boxing Day Holiday**  
**NO 6AM CLASS TODAY**  
9am - Trad Hot Expand/Korrry  
12pm -Trad Hot Music/Korrry  
3:30pm - Hot Flow / Val  
5:15pm - Mukti / Valerie  
7:15pm - Yin / Korrry  
**NO 9PM CLASS TODAY**

**27**  
9am -Traditional Hot / Korrry  
12pm - Hatha / Korrry  
3:30pm -Traditional Hot /Val  
5:15pm-Trad Hot Music /Val  
7:15pm - Hot Flow / Hayley

**28**  
**NO 6AM CLASS TODAY**  
9am - Mukti Music / Jenna  
12pm - Silent Yin / Shelly  
3:30pm - Traditional Hot/Valerie  
**5:15pm - KARMA Mukti Music with Korrry**

**29**  
9am - Traditional Hot / Val  
Noon - Hot Flow / Valerie  
4pm - Trad Hot Expand / Wan

**30**  
9am - Hot Hatha / Korrry  
Noon - Hot Flow / Korrry  
4pm - Yin / Hayley

**31**  
**New Year's Eve**  
**NO 6AM CLASS TODAY**  
9am - Traditional Hot/Valerie  
12pm - Mukti / Jenna  
3:30pm - Hot Flow / Valerie  
**NO 5:15PM CLASS TODAY**  
**NO 7:15PM & 9PM CLASSES**

