

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock - August

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 not heated

KARMA classes are \$5 minimum donation

Classes in **RED** are not scheduled

6am Class & Community Class (new teacher) \$10 drop-in

PURPLE classes are private and/or additional fee

FINAL 07.24.18-2							
				1 9am - Trad.Hot EXPAND / Wan 4pm - Hatha / Shelly 5:30pm-Traditional Hot/Aimee 7:15pm - Yin / Shelly	2 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Traditional Hot Karma with Music / Wan	3 9am - Traditional Hot / Wan 4pm - Hot Hatha / Valerie	4 10am - Traditional Hot/Aimee
5 BC Day Holiday WKND STUDIO CLOSED TODAY Sahali Studio is Open Brock Only Members can use the Sahali Studio Today	6 BC Day Holiday STUDIO CLOSED TODAY	7 9am - Hot Hatha / Joy 4pm - Traditional Hot / Hayley 5:30pm-Trad.Hot Core/Hayley 7pm - Yoga in the Park at McDonald Park w/Aimee	8 9am - Trad.Hot EXPAND / Wan 4pm - Hatha / Val 5:30pm-Traditional Hot/Aimee 7:15pm - Yin / Val	9 9am - Hot Hatha / Yvette 4pm - Yin / Yvette 5:30pm - Traditional Hot Karma w/ Music/ Wan	10 9am - Traditional Hot / Dwight 4pm - Hot Hatha / Korry	11 10am - Traditional Hot/Aimee	
12 10am-Traditional Hot/Valerie	13 9am - Mukti / Rose 1pm - Private Class / Michelle 4pm - Mukti Music / Sandy 5:30pm -Trad.Hot Music/Aimee 7:15pm - Gentle Hatha to Restorative w/ Michelle	14 9am - Hot Hatha / Shelly 4pm - Traditional Hot / Wan 5:30pm-Trad.Hot Core/Aimee 7pm - Yoga in the Park at McDonald Park w/Caitlin	15 9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Shelly 5:30pm-Traditional Hot/Aimee 7:15pm - Yin / Shelly	16 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Traditional Hot Karma with Music / Wan	17 9am - Silent Trad. Hot / Joy 4pm - Hot Hatha / Leilani	18 10am - Traditional Hot / Aimee	
19 10am - Traditional Hot/Valerie	20 9am - Mukti / Rose 4pm - Mukti Music / Sandy 5:30pm -Trad.Hot Music Aimee 7:15pm - Gentle Hatha to Restorative w /Michelle	21 9am - Hot Hatha / Hayley 4pm - Traditional Hot /Leilani 5:30pm-Trad.Hot Core/Aimee 7pm - Yoga in the Park at McDonald Park w/Joy	22 9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Shelly 5:30pm-Traditional Hot/Aimee 7:15pm - Yin / Shelly	23 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Traditional Hot Karma w/ Music / Wan	24 9am - Silent Trad. Hot / Joy 4pm - Hot Hatha / Leilani	25 10am - Traditional Hot/Aimee	
26 10am - Traditional Hot/Valerie	27 9am - Mukti / Rose 1pm - Private Class / Michelle 4pm - Mukti Music / Sandy 5:30pm-Trad.Hot Music/Aimee 7:15pm - Gentle Hatha to Restorative w/ Michelle	28 9am - Hot Hatha / Joy 4pm - Traditional Hot /Leilani 5:30pm-Trad.Hot Core/Hayley 7pm - Yoga in the Park at McDonald Park w/Aimee	29 9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Shelly 5:30pm-Traditional Hot/Aimee 7:15pm - Yin / Shelly	30 9am - Hot Hatha / Shelly 4pm - Yin / Shelly 5:30pm - Traditional Hot Karma w/ Music / Aimee	31 9am - Traditional Hot / Leilani 4pm - Hot Hatha / Leilani		