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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	

KamLoops Hot yoga