

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Sahali - August

Classes in **GREEN** are not heated  
KARMA classes are a \$5 min. donation  
Classes in **RED** are not scheduled  
6am Class & Community Class (new teacher) \$10 drop-in  
PURPLE classes are private and/or additional fee

**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

FINAL 7.24.18							
				1 6am - Traditional Hot / Joy 9am - Silent Trad.Hot / Joy 12pm - Trad Hot Music / Wan 3:30pm - Flow / Rose 5:15pm - Mukti / Rose 7:15pm - Yin / Hayley	2 9am - Traditional Hot / Wan 12pm - Hatha / Joy 3:30pm - Trad. Hot / Hayley 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Korry	3 <b>BC Day Holiday Weekend</b> <b>NO 6AM CLASS TODAY</b> 9am - Mukti Music / Rose 12pm - Yin / Rose 3:30pm - Traditional Hot/Wan <b>NO 5:15 PM CLASS TODAY</b>	4 9am - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan
5 <b>BC Day Holiday Weekend</b> 9am - Hot Hatha / Hayley 4pm - Restorative /Hayley	6 <b>BC Day Holiday</b> <b>STUDIO CLOSED TODAY</b>	7 9am - Hot Hatha / Yvette 12pm - Hatha / Joy 3:30pm-Trad.Hot Music / Wan 5:15pm-Trad.Hot /26&2 / Wan <b>7PM - Yoga in the Park at McDonald Park w/Aimee</b> <b>NO 7:15PM CLASS TODAY</b>	8 6am - Traditional Hot/Joy 9am - Trad Hot EXPAND /Joy 12pm - Trad Hot Music / Wan 3:30pm - Flow / Rose 5:15pm -Mukti EXPAND/Rose 7:15pm - Restorative /Hayley	9 9am - Traditional Hot / Wan 12pm - Hatha / Valerie 3:30pm - Trad. Hot / Hayley 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Korry	10 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Silent Yin / Trina 3:30pm - Traditional Hot / Wan 5:15pm-KARMA/Traditional Hot Music with Wan	11 9am - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan	
12 9am - Hot Hatha / Korry 4pm - Yin / Korry	13 6am - Flow / Hayley 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Korry 5:15pm -Trad.Hot Core / Yvette 7:15pm - Yin / Yvette	14 6am - Hot Hatha / Valerie 12pm - Hatha / Hayley 3:30pm-Trad.Hot Music/Hayley 5:15pm-Trad.Hot/26&2/Dwight <b>7PM - Yoga in the Park at McDonald Park w/ Caitlin</b> <b>NO 7:15PM CLASS TODAY</b>	15 6am - Traditional Hot/Hayley 9am - Silent Trad Hot /Hayley 12pm - Trad Hot Music / Wan 3:30pm - Flow / Rose 5:15pm - Mukti / Rose 7:15pm - Yin / Trina	16 9am - Traditional Hot / Wan 12pm - Hatha / Joy 3:30pm -Traditional Hot/Hayley 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Korry	17 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm - Traditional Hot / Wan 5:15pm-KARMA/Traditional Hot Music with Wan	18 9am - Traditional Hot / Caitlin 4pm - Trad Hot Expand / Caitlin	
19 9am - Hot Hatha / Hayley 4pm - Restorative /Hayley	20 6am - Flow / Hayley 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Korry 5:15pm -Trad.Hot Core / Joy 7:15pm-Yin / Joy	21 9am - Hot Hatha / Valerie 12pm - Hatha / Hayley 3:30pm-Trad.Hot Music/Joy 5:15pm-Trad.Hot /26&2 / Wan <b>7PM - Yoga in the Park at McDonald Park w/Joy</b> <b>NO 7:15PM CLASS TODAY</b>	22 6am - Traditional Hot/ Joy 9am - Trad.Hot EXPAND/Joy 12pm -Trad Hot Music / Wan 3:30pm - Flow / Rose 5:15pm -Mukti EXPAND/Rose 7:15pm - Restorative /Hayley	23 9am -Traditional Hot / Wan 12pm - Hatha / Joy 3:30pm -Trad.Hot/Hayley 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Korry	24 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Silent Yin / Joy 3:30pm - Traditional Hot / Wan 5:15pm-KARMA Traditional Ho Music with Wan	25 9am - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan	
26 9am - Hot Hatha / Hayley 4pm - Yin / Hayley	27 <b>NO 6AM CLASS TODAY</b> 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Hayley 5:15pm -Trad.Hot Core /Yvette 7:15pm - Yin to Nidra / Yvette	28 9am - Hot Hatha / Yvette 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Hayley 5:15pm-Trad.Hot/26&2/Dwight <b>7PM - Yoga in the Park at McDonald Park w/Aimee</b> <b>NO 7:15PM CLASS TODAY</b>	29 <b>NO 6AM CLASS TODAY</b> 9am - Silent Trad.Hot /Joy 12pm -Trad Hot Music / Joy 3:30pm - Flow / Rose 5:15pm - Mukti / Rose 7:15pm - Yin / Hayley	30 9am -Traditional Hot / Joy 12pm - Hatha / Joy 3:30pm -Trad.Hot/Hayley 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Korry	31 <b>Labour Day Holiday Weekend</b> <b>NO 6AM CLASS TODAY</b> 9am - Mukti Music / Rose 12pm - Yin / Trina 3:30pm -Traditional Hot/Korrry <b>NO 5:15 PM CLASS TODAY</b>		