



KamloopsHotYoga.com

(778) 470-6121

#17 - 1800 Tranquille Rd V2B 3L9

April Brock Class Schedule

(rev. 03/18)

LEGEND



Hot Class



Room Temp



Private Class

Download the app or visit us online
for a detailed daily schedule.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS LENGTH 1 Hour: 4pm & 8pm 75 Min: 9am, 10am, 6pm	ANNOUNCEMENTS: 30/60 Day Challenge Begins April 2nd				1 4pm Hot Mukti Brandace	2 30/60 Day Challenge Begins 10am Hot Hatha w/Samantha
3 STUDIO CLOSED TODAY Please use the Sahali Studio	4 9am Traditional Hot Ashley 4pm Traditional Hot Alexa 6pm Traditional Hot Aimee	5 Noon Hot Mukti Alexa 4pm Hot Hatha Holly 6pm Traditional Hot Dela 8pm Yin Amanda	6 Noon Hot Hatha Katie 4pm Hot Hatha Jennifer 6pm Hot Hatha Amanda	7 Noon Trad Hot Ashley 4pm Hot Hatha Katie 6pm Hot Hatha Katie 8pm Yin Wan	8 4pm Hot Hatha Dela	9 10am Trad Hot Aimee Noon Kids Yoga (1hr) w/Aimee
10 STUDIO CLOSED TODAY Please use the Sahali Studio	11 9am Traditional Hot Ashley 4pm Traditional Hot Alexa 6pm Traditional Hot Aimee	12 Noon Hot Mukti Alexa 4pm Hot Hatha Holly 6pm Traditional Hot Dela 8pm Yin Amanda	13 Noon Hot Hatha Katie 4pm Hot Hatha Jennifer 6pm Hot Hatha Katie	14 Noon Trad Hot Ashley 4pm Hot Hatha Katie 6pm Hot Hatha Katie 8pm Yin Wan	15 Good Friday Easter Holiday 4pm Hot Hatha Samantha	16 Easter Holiday Weekend 10am Hot Hatha w/Samantha
17 Easter Sunday Holiday STUDIO CLOSED TODAY Please use the Sahali Studio	18 Easter Monday Holiday 9am Traditional Hot Ashley 4pm Traditional Hot Katie 6pm Traditional Hot Aimee	19 Noon Hot Mukti Alexa 4pm Hot Hatha Holly 6pm Traditional Hot Dela 8pm Yin Amanda	20 Noon Hot Hatha Katie 4pm Hot Hatha Jennifer 6pm Hot Hatha Amanda	21 Noon Trad Hot Ashley 4pm Hot Hatha Katie 6pm Hot Hatha Katie 8pm Yin Wan	22 4pm Hot Hatha Samantha	23 10am Hot Hatha w/Samantha
24 STUDIO CLOSED TODAY Please use the Sahali Studio	25 9am Traditional Hot Ashley 4pm Traditional Hot Alexa 6pm Traditional Hot Aimee	26 Noon Hot Mukti Alexa 4pm Hot Hatha Holly 6pm Traditional Hot Dela 8pm Yin Amanda	27 Noon Hot Hatha Katie 4pm Hot Hatha Jennifer 6pm Hot Hatha Amanda	28 Noon Trad Hot Ashley 4pm Hot Hatha Katie 6pm Hot Hatha Katie 8pm Yin Wan	29 4pm Hot Hatha Samantha	30 10am Hot Hatha w/Samantha