



August Brock Summer Class Schedule

(rev. 7/14/2025 AL)

KamloopsHotYoga.com

(778) 470-6121

#17 - 1800 Tranquille Rd V2B 3L9

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



Hot Class



Room Temp



Private Class

LEGEND

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ANNOUNCEMENTS: Brock Only Passes are valid at both studios for August CLASS LENGTH: 1 Hour: Noon, 4pm 75 Min:			1 HOLIDAY WEEKEND BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	2 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
3 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	 4 BC DAY HOLIDAY BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	5 4 ^{pm} Hot Hatha Kristina	6 Noon Hot Hatha Yvette 4 ^{pm} Hot Hatha Yvette	7 4 ^{pm} Traditional Hot Sara	8 4 ^{pm} Hot Hatha Jenny	9 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
10 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	11 4 ^{pm} Hot Hatha Yvette	12 4 ^{pm} Hot Hatha Kristina	13 Noon Hot Hatha Sara 4 ^{pm} Hot Hatha Sara	14 4 ^{pm} Traditional Hot Sara	15 4 ^{pm} Hot Hatha Marcia	16 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
17 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	18 4 ^{pm} Hot Hatha Yvette	19 4 ^{pm} Hot Hatha Kristina	20 Noon Hot Hatha Sara 4 ^{pm} Hot Hatha Sara	21 4 ^{pm} Traditional Hot Sara	22 4 ^{pm} Hot Hatha Jenny	23 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
24 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO 31	25 4 ^{pm} Hot Hatha Yvette	26 4 ^{pm} Hot Hatha Kristina	27 Noon Hot Hatha Sara 4 ^{pm} Hot Hatha Sara	28 4 ^{pm} Hot Hatha Sara	29 4 ^{pm} Hot Hatha Jenny	30 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO