



kamLoops
Hot yoga

December Brock Fall Class Schedule

(rev. 11/06/2025 DE)

LEGEND



Hot Class



Room Temp



Private Class

KamloopsHotYoga.com

(778) 470-6121

#17 - 1800 Tranquille Rd V2B 3L9

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Traditional Hot Jocelyn	2 Noon Hot Hatha Kristin 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	3 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class Trad Hot EXPAND w/ Miyuki	4 Noon Trad Hot Sara 4 ^{pm} Hot Deep Stretch w/ Sara 6 ^{pm} Hot Hatha Yvette	5 4 ^{pm} Hot Hatha Jocelyn	6 10 ^{am} Trad. Hot Brandee
7 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	8 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Traditional Hot Jocelyn	9 Noon Hot Hatha Kristin 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	10 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class Trad Hot EXPAND w/ Miyuki	11 Noon Trad Hot Sara 4 ^{pm} Hot Deep Stretch w/ Sara 6 ^{pm} Hot Hatha Yvette	12 4 ^{pm} Hot Hatha Jocelyn	13 10 ^{am} Trad. Hot Brandee
14 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	15 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Traditional Hot Jocelyn	16 Noon Hot Hatha Kristin 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	17 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class Trad Hot EXPAND w/ Kelsey	18 Noon Trad Hot Sara 4 ^{pm} Hot Deep Stretch w/ Sara 6 ^{pm} Hot Hatha Yvette	19 4 ^{pm} Hot Hatha Jocelyn	20 10 ^{am} Trad. Hot Brandee
21 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	22 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Traditional Hot Jocelyn	23 Noon Hot Hatha Kristin 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	24 CHRISTMAS EVE Noon Hot Hatha Sara	25 CHRISTMAS DAY HOLIDAY BOTH STUDIOS CLOSED TODAY	26 BOXING DAY HOLIDAY BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	27 10 ^{am} Trad. Hot Brandee
28 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO 30	29 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Traditional Hot Jocelyn	30 Noon Hot Hatha Kristin 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	31 NEW YEAR'S EVE Noon Hot Hatha Sara	ANNOUNCEMENTS: CLASS LENGTH: 1 Hour: Noon, 4pm, Monday & Wednesday 6pm 75 Min: Tuesday, Thursday 6pm & Saturday 10am		