



July Brock Class Summer Schedule

(rev. 6/25/24 DE)

LEGEND

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CANADA DAY HOLIDAY STUDIOS CLOSED TODAY	2 4 ^{pm} Hot Hatha Ashley 7:00 ^{pm} Yoga in the Park at McDonald Park/Free Class/Everyone Welcome w/Amanda	3 Noon Hot Hatha Sara 4 ^{pm} Hot Hatha Sara	4 4 ^{pm} Trad Hot Sara 6 ^{pm} Yin (75min) Sara	5 4 ^{pm} Hot Hatha Yvette	6 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
7 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	8 Noon Traditional Hot Ashley 4 ^{pm} Hot Hatha Deni 6 ^{pm} \$10 Karma Class(60min) Trad Hot w/ Jocelyn	9 4 ^{pm} Hot Hatha Ashley 7:00 ^{pm} Yoga in the Park at McDonald Park/Free Class/Everyone Welcome w/Kristin	10 Noon Hot Hatha Sara 4 ^{pm} Hot Hatha Sara	11 4 ^{pm} Trad Hot Sara 6 ^{pm} Yin (75min) Sara	12 4 ^{pm} Hot Hatha Yvette	13 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
14 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	15 Noon Trad. Hot Yvette 4 ^{pm} Hot Hatha Yvette 6 ^{pm} \$10 Karma Class(60min) Trad Hot w/ Jocelyn	16 4 ^{pm} Hot Hatha Kaitlyn 7:00 ^{pm} Yoga in the Park at McDonald Park/Free Class/Everyone Welcome w/Yvette	17 Noon Hot Hatha Sara 4 ^{pm} Hot Hatha Sara	18 4 ^{pm} Trad Hot Sara 6 ^{pm} Yin (75min) Sara	19 4 ^{pm} Hot Hatha Yvette	20 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
21 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	22 Noon Traditional Hot Ashley 4 ^{pm} Hot Hatha Deni 6 ^{pm} \$10 Karma Class(60min) Trad Hot w/ Jocelyn	23 4 ^{pm} Hot Hatha Ashley 7:00 ^{pm} Yoga in the Park at McDonald Park/Free Class/Everyone Welcome w/Samantha	24 Noon Hot Hatha Sara 4 ^{pm} Hot Hatha Sara	25 4 ^{pm} Trad Hot Sara 6 ^{pm} Yin (75min) Sara	26 4 ^{pm} Hot Hatha Yvette	27 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
28 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	29 Noon Traditional Hot Ashley 4 ^{pm} Hot Hatha Deni 6 ^{pm} \$10 Karma Class(60min) Trad Hot w/ Jocelyn	30 4 ^{pm} Hot Hatha Ashley 7:00 ^{pm} Yoga in the Park at McDonald Park/Free Class/Everyone Welcome w/Ashey	31 Noon Hot Hatha Sara 4 ^{pm} Hot Hatha Sara	ANNOUNCEMENTS: Brock Only Passes are now good for BOTH Studios for July & August CLASS LENGTH 1 Hour: Noon, 4pm & Mon/Tues/Fri 6pm 75 Min: Saturday 10am & Thursday 6pm		