



May Brock Class Schedule

(rev. 4/16/24 DE)

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: Reduced schedule for Victoria Day Weekend CLASS LENGTH 1 Hour: Noon, 4pm, Sundays at 7pm 75 Min: Saturday 10am & Tuesday/Thursday 6pm			1 Noon Hot Hatha Sara 4pm Hot Hatha Sara	2 4pm Trad Hot Sara 6pm Yin (75min) Sara	3 4pm Hot Hatha Rya	4 10am Hot Hatha Shelly
5 7pm Gentle Hatha (60min) w/Jordyn	6 Noon Traditional Hot Ashley 4pm Hot Hatha Jocelyn 6pm Karma Class Trad Hot (60min) Jocelyn donation starts at \$10 or use membership	7 4pm Hot Hatha Ashley 6pm Yin (75min) Amanda	8 Noon Hot Hatha Sara 4pm Hot Hatha Sara	9 4pm Trad Hot Sara 6pm Yin (75min) Sara	10 4pm Hot Hatha Jenny	11 10am Hot Hatha Jocelyn
12 7pm Gentle Hatha (60min) w/Jordyn	13 Noon Traditional Hot Ashley 4pm Trad. Hot Jocelyn 6pm Karma Class Trad Hot (60min) Jocelyn donation starts at \$10 or use membership	14 4pm Hot Hatha Ashley 6pm Yin (75min) Amanda	15 Noon Hot Hatha Sara 4pm Hot Hatha Sara	16 4pm Trad Hot Sara 6pm Yin (75min) Sara	17 VICTORIA DAY HOLIDAY WEEKEND 4pm Hot Hatha Kaitlyn	18 VICTORIA DAY HOLIDAY WEEKEND BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
19 VICTORIA DAY HOLIDAY WEEKEND BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	20 VICTORIA DAY HOLIDAY BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	21 4pm Hot Hatha Ashley 6pm Yin (75min) Amanda	22 Noon Hot Hatha Sara 4pm Hot Hatha Sara	23 4pm Trad Hot Sara 6pm Yin (75min) Sara	24 4pm Hot Hatha Jenny	25 10am Hot Hatha Jocelyn
26 7pm Gentle Hatha (60min) w/Jordyn	27 Noon Traditional Hot Ashley 4pm Hot Hatha Deni 6pm Karma Class Trad Hot (60min) Ashley donation starts at \$10 or use membership	28 4pm Hot Hatha Ashley 6pm Yin (75min) Amanda	29 Noon Hot Hatha Sara 4pm Hot Hatha Sara	30 4pm Trad Hot Sara 6pm Yin (75min) Sara	31 4pm Hot Hatha Jenny	