



kamLoops
Hot yoga

November Brock Fall Class Schedule

(rev. 10/07/2025 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
ANNOUNCEMENTS: New 6pm Moving Meditation class Mondays at 6pm & Hot Hatha Thursday at 6pm, Tuesdays at Noon & Saturdays at 10am CLASS LENGTH: 1 Hour: Noon, 4pm, Wednesday 6pm 75 Min: Mondays, Tuesday, Thursday 6pm & Saturday 10am						
2 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	3 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Hot Moving Meditation w/Yvette	4 Noon Hot Hatha Kristin 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	5 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class Trad Hot EXPAND w/ Miyuki	6 Noon Trad Hot Sara 4 ^{pm} Hot Deep Stretch w/ Sara 6 ^{pm} Hot Hatha Yvette	7 4 ^{pm} Hot Hatha Yvette	8 10 ^{am} Trad. Hot Yvette
9 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	10 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Hot Moving Meditation w/Yvette	11 REMEMBRANCE DAY HOLIDAY Noon Hot Hatha Ashley	12 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class Trad Hot EXPAND w/ Miyuki	13 Noon Trad Hot Sara 4 ^{pm} Hot Deep Stretch w/ Sara 6 ^{pm} Hot Hatha Yvette	14 4 ^{pm} Hot Hatha Yvette	15 10 ^{am} Trad. Hot Yvette
16 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	17 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Hot Moving Meditation w/Yvette	18 Noon Hot Hatha Kristin 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	19 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class Trad Hot EXPAND w/ Miyuki	20 Noon Trad Hot Sara 4 ^{pm} Hot Deep Stretch w/ Sara 6 ^{pm} Hot Hatha Yvette	21 4 ^{pm} Hot Hatha Yvette	22 10 ^{am} Trad. Hot Yvette
23 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO 30	24 Noon Hot Hatha Ashley 4 ^{pm} Traditional Hot Yvette 6 ^{pm} Hot Moving Meditation w/Yvette	25 Noon Hot Hatha Kristin 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	26 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class Trad Hot EXPAND w/ Miyuki	27 Noon Trad Hot Sara 4 ^{pm} Hot Deep Stretch w/ Sara 6 ^{pm} Hot Hatha Yvette	28 4 ^{pm} Hot Hatha Yvette	29 10 ^{am} Trad. Hot Yvette