



KamloopsHotYoga.com

(778) 470-6121

#17 - 1800 Tranquille Rd V2B 3L9

October Brock Class Schedule

(rev. 09/19 DE)

LEGEND



Hot Class



Room Temp



Private Class

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ANNOUNCEMENTS: CLASS LENGTH 1 Hour: 4pm & 8pm 75 Min: 9am, 10am, 6pm						1 10 ^{am} Hot Hatha Samantha
2 STUDIO CLOSED TODAY Please use the Sahali Studio today	3 Noon Trad Hot Ashley 4 ^{pm} Hot Mukti Brandace 6 ^{pm} Karma Class Trad Hot w/Aimee/donation starts at \$10 or use membership	4 Noon Hot Mukti Alexa 4 ^{pm} Hot Hatha Jocelyn 6 ^{pm} Gentle Hatha Amanda	5 Noon Hot Hatha Caroline 4 ^{pm} Traditional Hot Alexa 6 ^{pm} Hot Flow Alexa	6 9 ^{am} Hot Hatha Jennifer 4 ^{pm} Hot Mukti Amanda 6 ^{pm} Restorative Sara	7 4 ^{pm} Hot Hatha Samantha 6 ^{pm} Yin Samantha	8 THANKSGIVING DAY HOLIDAY WEEKEND 10 ^{am} Hot Hatha Samantha
9 STUDIO CLOSED TODAY Please use the Sahali Studio today	10 THANKSGIVING DAY HOLIDAY Please feel free to use the Sahali Studio for other class times 4 ^{pm} Hot Mukti Brandace	11 Noon Hot Mukti Alexa 4 ^{pm} Hot Hatha Jocelyn 6 ^{pm} Gentle Hatha Amanda	12 Noon Hot Hatha Caroline 4 ^{pm} Traditional Hot Alexa 6 ^{pm} Hot Flow Alexa	13 9 ^{am} Hot Hatha Sara 4 ^{pm} Hot Mukti Amanda 6 ^{pm} Yin Amanda	14 4 ^{pm} Hot Hatha Caroline 6 ^{pm} Yin Caroline	15 10 ^{am} Hot Hatha Sara
16 STUDIO CLOSED TODAY Please use the Sahali Studio today	17 Noon Trad Hot Ashley 4 ^{pm} Hot Mukti Brandace 6 ^{pm} Karma Class Trad Hot w/Aimee/donation starts at \$10 or use membership	18 Noon Hot Mukti Alexa 4 ^{pm} Hot Hatha Jocelyn 6 ^{pm} Gentle Hatha Amanda	19 Noon Hot Hatha Caroline 4 ^{pm} Traditional Hot Alexa 6 ^{pm} Hot Flow Alexa	20 9 ^{am} Hot Hatha Jennifer 4 ^{pm} Hot Mukti Amanda 6 ^{pm} Restorative Sara	21 4 ^{pm} Hot Hatha Samantha 6 ^{pm} Yin Samantha	22 10 ^{am} Hot Hatha Samantha
23 STUDIO CLOSED TODAY Please use the Sahali Studio today	24 Noon Trad Hot Ashley 4 ^{pm} Hot Mukti Brandace 6 ^{pm} Karma Class Trad Hot w/Aimee/donation starts at \$10 or use membership	25 Noon Hot Mukti Alexa 4 ^{pm} Hot Hatha Jocelyn 6 ^{pm} Gentle Hatha Amanda	26 Noon Hot Hatha Caroline 4 ^{pm} Traditional Hot Alexa 6 ^{pm} Hot Flow Alexa	27 9 ^{am} Hot Hatha Jennifer 4 ^{pm} Hot Mukti Amanda 6 ^{pm} Yin Amanda	28 4 ^{pm} Hot Hatha Samantha 6 ^{pm} Yin Samantha	29 10 ^{am} Hot Hatha Samantha
30 STUDIO CLOSED TODAY Please use the Sahali Studio today	31 Noon Trad Hot Ashley 4 ^{pm} Hot Mukti Brandace 6 ^{pm} Karma Class Trad Hot w/Aimee/donation starts at \$10 or use membership					