



October Brock Class Schedule

(rev. 9/18/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 STUDIO CLOSED TODAY Please use the Sahali Studio today	2 Noon Traditional Hot Ashley 4 ^{pm} Hot Hatha Jocelyn 6 ^{pm} Karma Class Trad Hot (60min) Jocelyn donation starts at \$10 or use membership	3 4 ^{pm} Hot Hatha Amanda 6 ^{pm} Gentle Hatha(60min) w/ Amanda	4 Noon Hot Flow Sara 4 ^{pm} Hot Hatha Caroline 6 ^{pm} Slow Flow (60min) w/Rya	5 4 ^{pm} Trad Hot Sara 6 ^{pm} Yin (60min) Sara	6 THANKSGIVING DAY LONG WEEKEND SCHEDULE 4 ^{pm} Traditional Hot Rya	7 THANKSGIVING DAY LONG WEEKEND SCHEDULE 30/60 Day Challenge Begins Today 10 ^{am} Traditional Hot Shelly
8 STUDIO CLOSED TODAY Please use the Sahali Studio today	9 THANKSGIVING DAY HOLIDAY SCHEDULE 4 ^{pm} Hot Hatha Jocelyn	10 4 ^{pm} Hot Hatha Amanda 6 ^{pm} Gentle Hatha(60min) w/ Amanda	11 Noon Hot Flow Sara 4 ^{pm} Hot Hatha Caroline 6 ^{pm} Slow Flow (60min) w/Rya	12 4 ^{pm} Class cancelled for teacher Training 6 ^{pm} Yin Caroline	13 4 ^{pm} Class cancelled for Teacher Training 6 ^{pm} Hot Hatha Caroline Anatomy teacher training class everybody welcome	14 10 ^{am} Special Class w/ Laura Martini
15 STUDIO CLOSED TODAY Please use the Sahali Studio today	16 Noon Traditional Hot Ashley 4 ^{pm} Hot Hatha Jocelyn 6 ^{pm} Karma Class Trad Hot (60min) Jocelyn donation starts at \$10 or use membership	17 4 ^{pm} Hot Hatha Amanda 6 ^{pm} Gentle Hatha(60min) w/ Amanda	18 Noon Hot Flow Sara 4 ^{pm} Hot Hatha Caroline 6 ^{pm} Slow Flow (60min) w/Sara	19 4 ^{pm} Trad Hot Sara 6 ^{pm} Yin (60min) Sara	20 4 ^{pm} Trad. Hot Dwight	21 10 ^{am} Traditional Hot Shelly
22 STUDIO CLOSED TODAY Please use the Sahali Studio today	23 Noon Traditional Hot Ashley 4 ^{pm} Hot Hatha Jocelyn 6 ^{pm} Karma Class Trad Hot (60min) Jocelyn donation starts at \$10 or use membership	24 4 ^{pm} Hot Hatha Amanda 6 ^{pm} Gentle Hatha(60min) w/ Amanda	25 Noon Hot Flow Sara 4 ^{pm} Hot Hatha Caroline 6 ^{pm} Slow Flow (60min) w/Rya	26 4 ^{pm} Trad Hot Sara 6 ^{pm} Yin (60min) Sara	27 4 ^{pm} Traditional Hot Rya	28 10 ^{am} Traditional Hot Rya
29 STUDIO CLOSED TODAY Please use the Sahali Studio today	30 Noon Traditional Hot Ashley 4 ^{pm} Hot Hatha Jocelyn 6 ^{pm} Karma Class Trad Hot (60min) Jocelyn donation starts at \$10 or use membership	31 4 ^{pm} Hot Hatha Amanda 6 ^{pm} Gentle Hatha(60min) w/ Amanda	ANNOUNCEMENTS: The 6pm classes are now 60 minutes CLASS LENGTH 1 Hour: Noon, 4pm & 6pm 75 Min: 9am & 10am			