



October Brock Fall Class Schedule

(rev. 9/18/2025 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: 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			1 Noon Hot Hatha Sara 4pm Trad. Hot Sara 6pm \$10 Karma Class(60min) Trad Hot w/ Miyuki	2 Noon Trad Hot Sara 4pm Hot Deep Stretch w/ Sara 6pm Hot Hatha Yvette	3 4pm Hot Hatha Jenny	4 30-DAY CHALLENGE BEGINS TODAY 10am Trad. Hot Brandee
5 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	6 Noon Hot Hatha Brandee 4pm Traditional Hot Yvette 6pm Hot Moving Meditation w/Yvette	7 10:30am (1hr) Mom & Baby Yoga (6) Week Series Extra Fee Kelsey Noon Hot Hatha Kristin 4pm Hot Deep Stretch w/ Amanda 6pm Yin Yvette	8 Noon Hot Hatha Sara 4pm Trad. Hot Sara 6pm \$10 Karma Class(60min) Trad Hot w/ Miyuki	9 Noon Trad Hot Sara 4pm Hot Deep Stretch w/ Sara 6pm Hot Hatha Yvette	10 4pm Hot Hatha Jenny	11 10am Trad. Hot Brandee
12 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	13 THANKSGIVING DAY HOLIDAY 4pm Traditional Hot Yvette	14 10:30am (1hr) Mom & Baby Yoga (6) Week Series Extra Fee Kelsey Noon Hot Hatha Yvette 4pm Hot Deep Stretch w/ Amanda 6pm Yin Yvette	15 Noon Hot Hatha Sara 4pm Trad. Hot Sara 6pm \$10 Karma Class(60min) Trad Hot w/ Miyuki	16 Noon Trad Hot Sara 4pm Hot Deep Stretch w/ Sara 6pm Hot Hatha Yvette	17 4pm Hot Hatha Jenny	18 10am Trad. Hot Brandee
19 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	20 Noon Hot Hatha Brandee 4pm Traditional Hot Yvette 6pm Hot Moving Meditation w/Yvette	21 New Time at 10:15am (1hr) Mom & Baby Yoga (6) Week Series Extra Fee w/Kelsey Noon Hot Hatha Yvette 4pm Hot Deep Stretch w/ Yvette 6pm Yin Yvette	22 Noon Hot Hatha Sara 4pm Trad. Hot Sara 6pm \$10 Karma Class(60min) Trad Hot w/ Miyuki	23 Noon Trad Hot Sara 4pm Hot Deep Stretch w/ Sara 6pm Hot Hatha Yvette	24 4pm Hot Hatha Jenny	25 10am Trad. Hot Brandee
26 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	27 Noon Hot Hatha Brandee 4pm Traditional Hot Yvette 6pm Hot Moving Meditation w/Yvette	28 New Time at 10:15am (1hr) Mom & Baby Yoga (6) Week Series Extra Fee w/Kelsey Noon Hot Hatha Kristin 4pm Hot Deep Stretch w/ Yvette 6pm Yin Yvette	29 Noon Hot Hatha Sara 4pm Trad. Hot Sara 6pm \$10 Karma Class(60min) Trad Hot w/ Miyuki	30 Noon Trad Hot Sara 4pm Hot Deep Stretch w/ Sara 6pm Hot Hatha Yvette	31 4pm Hot Hatha Jenny	