



September Brock Summer Class Schedule

(rev. 8/20/2025DE)

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
	1 LABOUR DAY HOLIDAY 4 ^{pm} Traditional Hot Yvette	2 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	3 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class(60min) Trad Hot w/ Miyuki	4 4 ^{pm} Hot Deep Stretch w/ Sara	5 4 ^{pm} Hot Hatha Jenny	6 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
7 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	8 4 ^{pm} Traditional Hot Yvette	9 10:30am (1hr) Mom & Baby Yoga (6) Week Series Extra Fee Class w/Kelsey 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	10 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class(60min) Trad Hot w/ Miyuki	11 4 ^{pm} Hot Deep Stretch w/ Sara	12 4 ^{pm} Hot Hatha Jenny	13 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
14 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	15 4 ^{pm} Traditional Hot Yvette	16 10:30am (1hr) Mom & Baby Yoga (6) Week Series Extra Fee Class w/Kelsey 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	17 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class(60min) Trad Hot w/ Dwight	18 4 ^{pm} Hot Deep Stretch w/ Sara	19 4 ^{pm} Hot Hatha Yvette	20 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
21 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	22 4 ^{pm} Traditional Hot Yvette	23 10:30am (1hr) Mom & Baby Yoga (6) Week Series Extra Fee Class w/Kelsey 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	24 Noon Hot Hatha Sara 4 ^{pm} Trad. Hot Sara 6 ^{pm} \$10 Karma Class(60min) Trad Hot w/ Miyuki	25 4 ^{pm} Hot Deep Stretch w/ Sara	26 4 ^{pm} Hot Hatha Jenny	27 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO
28 BROCK STUDIO CLOSED TODAY PLEASE USE THE SAHALI STUDIO	29 4 ^{pm} Traditional Hot Yvette	30 TRUTH & RECON HOLIDAY 10:30am (1hr) Mom & Baby Yoga (6) Week Series Extra Fee Class w/Kelsey 4 ^{pm} Hot Deep Stretch w/ Amanda 6 ^{pm} Yin Yvette	ANNOUNCEMENTS: New 6pm Yin class on Mondays at 6pm & Karma Class is back on Wednesdays at 6pm. New class type for Brock - Hot Deep Stretch Tuesday and Thursday at 4pm. Mom & Baby Classes start Sept.9 CLASS LENGTH: 1 Hour: Noon, 4pm, Wednesday 6pm 75 Min: Tuesday 6pm			