

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January Brock

Download the app or visit [www.kamloopshotyoga.com](http://www.kamloopshotyoga.com) for a detailed daily schedule

778-470-6121 | #17 - 1800 Tranquille Rd. Kamloops BC, V2B3L9

**CLASS LENGTH**

**1 hour:** 4pm, 715pm & Private Classes

**75 mins:** 9am, 10am & 530PM

**Classes in GREEN** are Room Temperature classes

**KARMA** classes are \$5 minimum donation

**Classes in RED** are not scheduled

**PURPLE** classes are private and/or additional fee

FINAL 12.20.18		Community Classes on January 8th, 15th, 22nd and 29th are Traditional Hot taught by a new teacher / \$10 or use Membership or Class Card					
		New Year's Day Holiday 1 STUDIO CLOSED TODAY Brock Only Members can use the Sahali Studio Today		2 9am-Trad.Hot EXPAND/Leilani 4pm - Mukti / Val 5:30pm-Trad Hot Music/Aimee NO 7:15 PM CLASS TODAY	3 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Mukti Karma Music with Jenna NO 7:15 PM CLASS TODAY	4 9am - Silent Trad.Hot / Joy 4pm - Hot Hatha / Leilani	5 30/60 Day Challenge Starts 10am - Traditional Hot/Aimee 4pm - Yin / Shelly
6 10am - Traditional Hot/Val 4pm - Gentle Hatha / Val	7 9am - Yoga X / Joy 11am - TCS Private Class / Joy 4pm - Mukti Music / Rose 5:30pm-Trad.Hot / 26&2 / Dwight 7:15pm - Gentle Hatha to Restorative w/Hayley	8 9am - Mukti / Korry 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee 7:15pm - Community Class/TH w/Jocelyn/new teacher/\$10 or use Membership or Class Card	9 9am-Trad.Hot EXPAND/Leilani 4pm - Mukti / Jenna 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	10 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Mukti Karma Music with Jenna 7:15PM - Trad Hot/Aimee	11 9am - Traditional Hot / Joy 4pm - Hot Hatha / Leilani	12 10am - Traditional Hot/Aimee 4pm - Yin / Shelly	
13 10am - Trad. Hot / Val 4pm - Gentle Hatha / Val 7pm-9pm - Body + Mind Relaxation / Reiki & Restorative with Leilani & Rose/Extra Fee Event	14 9am - Yoga X / Joy 4pm - Mukti Music / Rose 5:30pm-Trad.Hot / 26&2 / Dwight 7:15pm - Gentle Hatha to Restorative w/Kristin	15 9am - Mukti / Korry 4pm-Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee 7:15pm - Community Class/TH w/Ashley/new teacher/\$10 or use Membership or Class Card	16 9am-Trad.Hot EXPAND/Leilani 4pm - Mukti / Jenna 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin w/Live Music w/Shelly	17 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Mukti Karma Music with Jenna 7:15PM - Trad Hot/Aimee	18 9am - Silent Trad.Hot / Joy 4pm - Hot Hatha / Leilani	19 10am - Traditional Hot Aimee 4pm - Yin / Shelly	
20 10am - Traditional Hot/Val 4pm - Gentle Hatha / Val	21 9am - Yoga X / Joy 11am - TCS Private Class / Joy 4pm - Mukti Music / Rose 5:30pm-Trad.Hot / 26&2 / Dwight 7:15pm - Gentle Hatha to Restorative w/Kristin	22 9am - Mukti / Korry 4pm-Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee 7:15pm - Community Class/TH w/Jocelyn/new teacher/\$10 or use Membership or Class Card	23 9am-Trad.Hot EXPAND/Leilani 4pm - Mukti / Jenna 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	24 9am - Hot Hatha / Joy 4pm - Yin / Korry 5:30pm - Mukti Karma Music with Jenna 7:15PM - Trad Hot/Aimee	25 9am - Traditional Hot / Joy 4pm - Hot Hatha / Leilani	26 10am - Traditional Hot/Aimee 4pm - Yin / Jenny	
27 10am - Traditional Hot/Val 4pm - Gentle Hatha / Val	28 9am - Yoga X / Joy 4pm - Mukti Music / Rose 5:30pm-Trad.Hot / 26&2 / Dwight 7:15pm - Gentle Hatha to Restorative w/Kristin	29 9am - Mukti / Korry 4pm-Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee 7:15pm - Community Class/TH w/Ashley/new teacher/\$10 or use Membership or Class Card	30 9am-Trad.Hot EXPAND/Leilani 4pm - Mukti / Jenna 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	31 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Mukti Karma Music with Jenna 7:15PM - Trad Hot/Aimee			