

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali January

Classes in **GREEN** are Room Temperature classes
KARMA classes are a \$5 min. donation
Classes in **RED** are not scheduled
6am Classes are \$10 drop-in
PURPLE classes are private and/or additional fee

CLASS LENGTH
1 hour: 12pm, 3:30pm, 4pm Sat, 7pm, 9pm
75 minutes: 6am, 9am, 5:15pm, 7:15pm, 4pm Sun

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

Download the app or visit www.kamloopshotyoga.com for a detailed daily schedule

Revised - FINAL 1.6.19

New Year's Day Holiday

10am - Traditional Hot
26&2 / 75min / Dwight
12pm - Flow / Shelly
No 3:30PM, 5:15PM OR
7:15PM CLASS

1 NO 6AM CLASS TODAY
9am - Silent Trad Hot / Joy
12pm-Trad Hot Music/Korry
3:30pm - Hot Flow / Jenna
5:15pm -Mukti Expand/Jenna
7:15pm - Yin / Val
NO 9PM CLASS TODAY

2
9am - Traditional Hot /Korry
12pm - Hatha / Korry
1:30pm - Private Class / Joy
3:30pm - Yoga X / Val
5:15pm - Trad Hot Music / Val
7:15pm - Hot Flow / Jenny

NO 6AM CLASS TODAY

3
9am - Mukti Music / Rose
12pm - Yin / Joy
3:30pm - Traditional Hot / Val
5:15pm-KARMA/Traditional Hot
Music with Valerie
7:15pm - Glowga Flow Challenge
Kickoff Class!/ Shelly & DJ
GeezBeats - Extra Fee Class

4
30/60 Day Challenge Starts
9am - Traditional Hot / Korry
Noon - Hot Flow / Korry
4pm - Trad Hot Expand / Wan

6
9am - Hot Hatha / Kim
Noon - Hot Flow / Kim
2pm - Yoga Sculpt / Dwight
4pm -90 min Relax & Renew
with Live Musical Gongs
with Donna and Rob
Extra Fee Class
7pm -Mukti Music/Jenna

7
6am - Hot Flow / Korry
9am - Traditional Hot / Korry
12pm - Mukti / Rose
3:30pm - Hot Flow / Valerie
5:15pm -Trad Hot Core/Valerie
7:15pm -Yin to Meditation/Joy
9pm - Mukti / Jenna

8
9am - Hot Hatha / Joy
12pm - Hatha / Joy
3:30pm-Trad.Hot Music/Korry
5:15pm -Trad Hot/26&2/Korry
7:15pm - Hot Flow / Hayley

9
6am - Trad Hot / Korry
9am - Trad Hot Expand /Joy
12pm - Trad Hot Music/Korry
3:30pm - Hot Flow / Rose
5:15pm - Mukti / Rose
7:15pm - Yin / Val
9pm - Traditional Hot / Val

10
9am - Traditional Hot / Korry
12pm - Hatha / Korry
3:30pm - Yoga X / Joy
5:15pm - Trad Hot Music / Val
7:15pm - Hot Flow / Val

11
6am - Mukti / Rose
9am - Mukti Music / Rose
12pm - Silent Yin / Joy
3:30pm - Traditional Hot/Valerie
5:15pm-KARMA/Traditional Hot
Music with Valerie

12
9am - Traditional Hot / Korry
Noon - Hot Flow / Korry
4pm -Trad Hot Expand/Caitlin

13
9am - Hot Hatha / Kim
Noon - Hot Flow / Kim
2pm-Yoga Sculpt/Dwight
4pm - Yin / Hayley
7pm -Mukti Music/Jenna

14
6am - Hot Flow / Korry
9am - Traditional Hot / Korry
12pm - Mukti / Rose
3:30pm - Hot Flow / Valerie
5:15pm -Trad Hot Core/Valerie
7:15pm - Yin to Nidra / Yvette
9pm - Mukti / Jenna

15
9am - Hot Hatha / Joy
12pm - Hatha / Kristin
1:30 - Private Class / Korry
3:30pm-Trad.Hot Music / Joy
5:15pm -Trad Hot/26&2/Korry
7:15pm - Hot Flow / Hayley

16
6am - Trad Hot / Korry
9am - Silent Trad Hot /Joy
12pm - Trad Hot Music/Korry
3:30pm - Hot Flow / Rose
5:15pm - Mukti Expand/Rose
7:15pm - Yin / Val
9pm - Traditional Hot / Val

17
9am - Traditional Hot / Korry
12pm - Hatha / Korry
3:30pm - Yoga X / Joy
5:15pm - Trad Hot Music / Val
7:15pm - Hot Flow / Valerie

18
6am - Mukti / Rose
9am - Mukti Music / Rose
12pm - Yin / Joy
3:30pm - Traditional Hot/Valerie
5:15pm-KARMA/Traditional Hot
Music with Valerie

19
9am - Traditional Hot / Korry
Noon - Hot Flow / Jenny
4pm - Trad Hot Expand / Korry

20
9am - Hot Hatha / Kim
Noon - Hot Flow / Kim
2pm -Yoga Sculpt/Dwight
4pm-Restorative Expand
Escape / 90min / Trina
7pm -Mukti Music/Jenna

21
6am - Hot Flow / Korry
9am - Traditional Hot / Korry
12pm - Mukti / Rose
3:30pm - Hot Flow / Valerie
5:15pm -Trad Hot Core/Valerie
7:15pm Yin/Live Music/Yvette
9pm - Mukti / Jenna

22
9am - Hot Hatha / Joy
12pm - Hatha / Joy
3:30pm-Trad.Hot Music/Korry
5:15pm -Trad Hot/26&2/Korry
7:15pm - Hot Flow / Hayley

23
6am - Trad Hot / Korry
9am - Trad Hot Expand /Joy
12pm - Trad Hot Music/Korry
3:30pm - Hot Flow / Rose
5:15pm - Mukti / Rose
7:15pm - Yin / Val
9pm - Traditional Hot / Val

24
9am -Traditional Hot/26&2
Rock Music / Dwight
12pm - Hatha / Korry
3:30pm - Yoga X / Joy
5:15pm-Trad Hot Music / Val
7:15pm - Hot Flow / Jenny

25
6am - Mukti / Rose
9am - Mukti Music / Rose
12pm - Silent Yin to Meditation
with Joy
3:30pm - Traditional Hot/Valerie
5:15pm-KARMA/Traditional Hot
Music with Valerie

26
9am - Traditional Hot / Korry
Noon - Hot Flow / Jenny
4pm - Trad Hot Expand / Korry

27
9am - Hot Hatha / Kim
Noon - Hot Flow / Kim
2pm -Yoga Sculpt/Dwight
4pm - Yin / Hayley
7pm -Mukti Music/Jenna

28
6am - Hot Flow / Korry
9am - Traditional Hot / Korry
12pm - Mukti / Rose
3:30pm - Hot Flow / Valerie
5:15pm -Trad Hot Core/Valerie
7:15pm - Yin to Nidra / Yvette
9pm - Mukti / Jenna

29
9am - Hot Hatha / Joy
12pm - Hatha / Joy
3:30pm-Trad.Hot Music/Korry
5:15pm -Trad Hot/26&2/Korry
7:15pm - Hot Flow / Hayley

30
6am - Trad Hot / Korry
9am - Silent Trad Hot /Joy
12pm - Trad Hot Music/Korry
3:30pm - Hot Flow / Rose
5:15pm - Mukti Expand/Rose
7:15pm - Yin / Val
9pm - Traditional Hot / Val

31
9am -Trad Hot / Korry
12pm - Hatha / Korry
3:30pm - Yoga X / Joy
5:15pm-Trad Hot Music / Val
7:15pm - Hot Flow / Val