

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Brock - November

### 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

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

Final 10.25.18

				9am - Hot Hatha / Joy <b>1</b>		<b>2</b>
				4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music / Aimee	9am - Traditional Hot / Joy	<b>3</b>
					4pm - Hot Hatha / Leilani	10am - Traditional Hot/Aimee 4pm - Yin / Shelly
	<b>4</b>	9am - Mukti / Joy <b>5</b>		<b>6</b>	<b>7</b>	<b>8</b>
10am - Traditional Hot/Valerie	4pm - Mukti Music / Rose 5:30pm-Trad.Hot / 26&2 / Dwight 7:15pm - Gentle Hatha to Restorative w/Hayley	9am - Hot Hatha / Joy	9am - Trad.Hot EXPAND/Leilani	9am - Hot Hatha / Joy	9am - Hot Hatha / Joy	9am - Silent Trad Hot / Joy
4pm - Gentle Hatha / Valerie		4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee	4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music /Dwight	4pm - Hot Hatha / Sandy	<b>10</b> Teacher Training Classes Everyone Welcome 10am -Traditional Hot/Leilani 4pm -Traditional Hot/Leilani
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Remembrance Day Holiday Teacher Training Classes Everyone Welcome 10am -Traditional Hot/Leilani 4pm - Traditional Hot /Leilani	Teacher Training Classes Everyone Welcome 9am - Traditional Hot /Leilani 4pm - Traditional Hot /Leilani 5:30pm-Trad.Hot / 26&2 / Dwight 7:15pm - Gentle Hatha to Restorative w/Hayley	9am - Hot Hatha / Joy	9am-Trad.Hot EXPAND/Valerie	9am - Hot Hatha / Joy	9am - Traditional Hot / Joy	10am - Traditional Hot Aimee
		4pm-Traditional Hot/Kailyn 5:30pm - Traditional Hot CORE w/Aimee	4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music / Aimee	4pm - Hot Hatha / Sandy	4pm - Yin / Shelly
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
10am - Traditional Hot/Valerie 4pm - Gentle Hatha / Valerie	9am - Mukti / Joy 11am - TCC Private Class/Joy 4pm - Mukti Music / Rose 5:30pm-Trad.Hot/26&2/Dwight 7:15pm - Gentle Hatha to Restorative w/Kristin	9am - Hot Hatha / Joy	9am - Trad.Hot EXPAND/Leilani	9am - Hot Hatha / Joy	9am - Silent Trad Hot / Joy	<b>OPEN HOUSE WEEKEND</b> <b>ALL CLASSES \$5 TODAY</b> 10am - Traditional Hot/Aimee Noon - Flow / Shelly 4pm -Yin w/Live Music/Shelly
		4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee	4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music / Dwight	4pm - Hot Hatha / Leilani	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>OPEN HOUSE WEEKEND</b> <b>ALL CLASSES \$5 TODAY</b> 10am - Traditional Hot/Valerie <b>NOON - Yoga X - Valerie</b> 4pm - Gentle Hatha / Hayley	9am - Mukti / Joy 11am - TCC Private Class/Joy 4pm - Mukti Music / Rose 5:30pm-Trad.Hot/26&2/Dwight 7:15pm - Gentle Hatha to Restorative w/Kristin	9am - Hot Hatha / Joy	9am - Trad.Hot EXPAND/Leilani	9am - Hot Hatha/Valerie	9am - Traditional Hot/Shelly	
		4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee	4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music /Aimee	4pm - Hot Hatha / Leilani	