

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Sahali-NOVEMBER

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

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

#6-953 Laval Crescent, Kamloops, BC V2C5P4

|  |   |   |  |   |   |  |  |
|--|---|---|--|---|---|--|--|
| Final 10.25.18   |   |   |  |   |   |  |  |
|  |   |   |  |   | 9am - Traditional Hot / Korry<br>12pm - Hatha / Joy<br>3:30pm - Traditional Hot/Korry<br>5:15pm - Trad Hot Music/Sandy<br>7:15pm - Flow / Jenny                             | 1<br>6am - Mukti / Rose<br>9am - Mukti Music / Rose<br>12pm - Silent Yin / Joy<br>3:30pm - Traditional Hot / Korry<br>5:15pm-KARMA/Traditional Hot<br>Music with Korry | 2<br>3<br>9am - Traditional Hot / Valerie<br>Noon - Flow / Shelly<br>4pm - Trad Hot Expand/Valerie |
| 9am - Hot Hatha / Korry<br>Noon - Flow / Korry<br>4pm - Restorative / Trina  | 4<br>6am - Flow / Korry<br>9am - Traditional Hot / Korry<br>12pm - Mukti / Rose<br>3:30pm - Flow / Yvette<br>5:15pm - Trad Hot Core/Valerie<br>7:15pm - Yin to Nidra / Yvette<br>9pm - Traditional Hot / Valerie  | 5<br>9am - Hot Hatha / Shelly<br>12pm - Hatha / Joy<br>3:30pm-Trad.Hot Music/Korry<br>5:15pm - Trad Hot/26&2/Korry<br>7:15pm - Flow / Jenny   | 6<br>6am - Trad Hot / Korry<br>9am - Silent Trad Hot /Joy<br>12pm - Trad Hot Music/Korry<br>3:30pm - Flow / Rose<br>5:15pm - Mukti Expand/Rose<br>7:15pm-Restorative/Charlotte<br>9pm - Trad Hot / Charlotte                   | 7<br>9am - Traditional Hot / Korry<br>12pm - Hatha / Joy<br>3:30pm - Traditional Hot/Korry<br>5:15pm-Trad Hot Music/Valerie<br>7:15pm - Flow / Valerie  | 8<br>9am - Traditional Hot / Korry<br>12pm - Hatha / Joy<br>3:30pm - Traditional Hot/Valerie<br>5:15pm-KARMA/Traditional Hot<br>Music with Valerie                          | 9<br>6am - Mukti / Rose<br>9am - Mukti Music / Rose<br>12pm - Yin / Joy<br>3:30pm - Traditional Hot/Valerie<br>5:15pm-KARMA/Traditional Hot<br>Music with Valerie      | 10<br>9am - Traditional Hot / Valerie<br>Noon - Flow / Valerie<br>4pm - Trad Hot Expand / Wan      |
| Remembrance Day Holiday<br>9am - Hot Hatha / Valerie<br>Noon - Flow / Valerie<br>4pm - Yin / Trina   | 11<br>6am - Flow / Valerie<br>9am - Traditional Hot / Valerie<br>12pm - Mukti / Rose<br>3:30pm - Flow / Rose<br>5:15pm - Trad Hot Core / Korry<br>7:15pm - Yin / Yvette<br>9pm - Traditional Hot / Korry          | 12<br>9am - Hot Hatha / Shelly<br>12pm - Hatha / Joy<br>3:30pm-Trad.Hot Music/Korry<br>5:15pm - Trad Hot/26&2/Korry<br>7:15pm - Flow / Hayley | 13<br>6am - Trad Hot / Korry<br>9am - Trad Hot Expand /Joy<br>12pm - Trad Hot Music/Korry<br>3:30pm - Flow / Rose<br>5:15pm - Mukti / Rose<br>7:15pm - Yin / Hayley<br>9pm - Trad Hot / Charlotte                              | 14<br>9am - Traditional Hot / Korry<br>12pm - Hatha / Joy<br>3:30pm - Traditional Hot/Korry<br>5:15pm-Trad Hot Music/Valerie<br>7:15pm - Flow / Valerie | 15<br>6am - Mukti / Rose<br>9am - Mukti Music / Rose<br>12pm - Silent Yin / Joy<br>3:30pm - Traditional Hot/Valerie<br>5:15pm-KARMA/Traditional Hot<br>Music with Valerie   | 16<br>9am - Traditional Hot / Valerie<br>Noon - Flow / Valerie<br>4pm - Trad Hot Expand /Caitlin   | 17   |
| 9am - Hot Hatha / Kimberly<br>Noon - Flow / Kimberly<br>4pm - Restorative Expand<br>Escape / 90min / Trina   | 18<br>6am - Flow / Korry<br>9am - Traditional Hot / Korry<br>12pm - Mukti / Rose<br>3:30pm - Flow / Yvette<br>5:15pm - Trad Hot Core/Valerie<br>7:15pm - Yin to Nidra / Yvette<br>9pm - Traditional Hot / Valerie | 19<br>9am - Hot Hatha / Shelly<br>12pm - Hatha / Joy<br>3:30pm-Trad.Hot Music/Korry<br>5:15pm - Trad Hot/26&2/Korry<br>7:15pm - Flow / Hayley | 20<br>6am - Trad Hot / Korry<br>9am - Silent Trad Hot / Joy<br>12pm -Trad Hot Music/Korry<br>3:30pm - Flow / Rose<br>5:15pm - Mukti Expand/Rose<br>7:15pm-Restorative w. Live<br>Music/Charlotte<br>9pm - Trad Hot / Charlotte | 21<br>9am -Traditional Hot / Korry<br>12pm - Hatha / Joy<br>3:30pm-Traditional Hot/Korry<br>5:15pm-TradHot Music/Valerie<br>7:15pm - Flow / Valerie     | 22<br>6am - Mukti / Rose<br>9am - Mukti Music / Rose<br>12pm - Yin / Joy<br>3:30pm - Traditional Hot/Valerie<br>5:15pm-KARMA Traditional Hot<br>Music with Valerie          | 23<br>9am - Traditional Hot / Valerie<br>Noon - Flow / Valerie<br>2pm - Yoga X / Valerie<br>4pm - Trad Hot Expand /Hayley  | 24<br>Open House Weekend<br>All Classes \$5 Today  |
| Open House Weekend All<br>Classes \$5 (except 4pm & 6pm)<br>9am - Hot Hatha / Kimberly<br>Noon - Flow / Kimberly<br>2pm - Yoga Sculpt / Hayley<br>4pm - Live Music w/Gongs<br>Restorative/Donna/Extra Fee<br>6pm-WS/Stress Resiliency/Hayley | 25<br>6am - Flow / Valerie<br>9am - Traditional Hot / Valerie<br>12pm - Mukti / Rose<br>3:30pm - Flow / Yvette<br>5:15pm - Trad Hot Core /Korry<br>7:15pm-Yin / Yvette<br>9pm - Traditional Hot / Korry           | 26<br>9am - Hot Hatha / Shelly<br>12pm - Hatha / Joy<br>3:30pm-Trad.Hot Music/Korry<br>5:15pm - Trad Hot/26&2/Korry<br>7:15pm - Flow / Hayley | 27<br>6am - Trad Hot / Korry<br>9am - Trad Hot Expand / Joy<br>12pm - Trad Hot Music/Korry<br>3:30pm - Flow / Rose<br>5:15pm - Mukti / Rose<br>7:15pm - Yin / Hayley<br>9pm - Trad Hot / Charlotte                             | 28<br>9am -Traditional Hot / Korry<br>12pm - Hatha / Korry<br>3:30pm-Traditional Hot/Sandy<br>5:15pm-TradHot Music/Valerie<br>7:15pm - Flow / Jenny     | 29<br>6am - Mukti / Rose<br>9am - Mukti Music / Rose<br>12pm - Silent Yin / Trina<br>3:30pm - Traditional Hot/Valerie<br>5:15pm-KARMA Traditional Hot<br>Music with Valerie | 30   |  |