



KamloopsHotYoga.com

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

August Sahali Summer Class Schedule

Revised 7/14/25 AL

Download the app or visit us online
for a detailed daily schedule.



Room Temperature



Discounted Class
6am \$18 Drop-in



Hot Class



Private Class

LEGEND

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ANNOUNCEMENTS: Brock Only Passes are valid at both studios for August CLASS LENGTH: 1 Hour: 6am, Noon, 3:30pm, Friday 5:15pm 75 Min: 9am, Mon.to Fri 5:15pm, Tuesday & Sunday 10am & 4pm					1 BC DAY HOLIDAY WEEKEND 9am Hot Hatha Kristin Noon Yin Amanda	2 BC DAY HOLIDAY WEEKEND 9am Hot Hatha Kristina
3 BC DAY HOLIDAY WEEKEND 10am Hot Hatha Yvette	4  BC DAY HOLIDAY 9am Traditional Hot Tiffany	5 9am Hot Hatha Yvette 5:15pm Trad. Hot Yvette	6 6am Hot Hatha Kristina 9am Traditional Hot Ashley 3:30pm Deep Stretch w/Kristina 5:15pm Ashtanga Half Primary w/Jenny	7 9am Hot Hatha Kristina 5:15pm Traditional Hot w/Mel	8 6am Hot Hatha Marcia 9am Hot Hatha Yvette Noon Yin Yvette 5:15pm \$10 Karma Class Hot Hatha w/Kristina	9 9am Hot Hatha Kristina
10 10am Hot Hatha Yvette 4pm Yin Kaitlyn	11 6am Hot Hatha Marcia 9am Traditional Hot Yvette 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara	12 9am Hot Hatha Kristin 5:15pm Trad. Hot Yvette	13 6am Hot Hatha Kristina 9am Traditional Hot Ashley 3:30pm Deep Stretch w/Amanda 5:15pm Ashtanga Half Primary w/Kristina	14 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel	15 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	16 9am Hot Hatha Crystal
17 10am Hot Hatha Yvette 4pm Yin Amanda	18 6am Hot Hatha Marcia 9am Traditional Hot Yvette 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara	19 9am Hot Hatha Kristin 5:15pm Trad. Hot Yvette	20 6am Hot Hatha Kristina 9am Traditional Hot Ashley 3:30pm Deep Stretch w/Kristina 5:15pm Ashtanga Half Primary w/Jenny	21 9am Hot Hatha Kristina 5:15pm Traditional Hot Ben	22 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	23 9am Hot Hatha Kristina
24 10am Hot Hatha Yvette 4pm Yin Kaitlyn	25 6am Hot Hatha Marcia 9am Traditional Hot Tiffany 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara	26 9am Hot Hatha Kristin 5:15pm Trad. Hot Yvette	27 6am Hot Hatha Kristina 9am Traditional Hot Ashley 3:30pm Deep Stretch w/Amanda 5:15pm Ashtanga Full Primary (90min) w/Jenny	28 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel	29 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	30 9am Hot Hatha Crystal
31 10am Hot Hatha Yvette 4pm Yin Amanda						