



December Sahali Fall Schedule Revised 11/16/25 AL

KamloopsHotYoga.com

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

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



Room Temperature



Hot Class

LEGEND



Discounted Class
6am \$18 Drop-in



Private Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6am Hot Hatha Marcia 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara 7:15pm Yin - Ashley T	2 9am Hot Hatha Kristina 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Samantha	3 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/Amanda 5:15pm Trad Hot Dwight 7:15pm Gentle Hatha Mel	4 9am Hot Hatha Kristina 3:30pm Hot Yogalates w/Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Deep Stretch w/Caroline	5 6am Hot Hatha Marcia 9am Hot Hatha Kristina Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	6 9am Hot Hatha Crystal Noon Hot Flow Crystal 2pm Kids Yoga (1hr) Miyuki Extra Fee Class 4pm Traditional Hot Kristina
7 10am Hot Hatha Brandee Noon Hot Flow Brandee No 4pm class - KHY Staff Christmas Dinner	8 6am Hot Hatha Marcia 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara 7:15pm Yin - Ashley T	9 9am Hot Hatha Kristina 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Brandee	10 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/Amanda 5:15pm Trad Hot Dwight 7:15pm Gentle Hatha Mel	11 9am Hot Hatha Kristina 3:30pm Hot Yogalates w/Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Deep Stretch w/Caroline	12 6am Hot Hatha Marcia 9am Hot Hatha Kristina Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	13 9am Hot Hatha Kristina Noon Hot Flow Kristina 2pm Kids Yoga (1hr) Mikayla Extra Fee Class 4pm Traditional Hot Charlotte
14 10am Hot Hatha Yvette Noon Hot Flow Brandee 4pm Yin Kaitlyn	15 6am Hot Hatha Marcia 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara 7:15pm Yin - Kaitlyn	16 9am Hot Hatha Kristina 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Brandee	17 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/Amanda 5:15pm Trad Hot Dwight 7:15pm Gentle Hatha Mel	18 9am Hot Hatha Kristina 3:30pm Hot Yogalates w/Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Deep Stretch w/Caroline	19 6am Hot Hatha Marcia 9am Hot Hatha Kristina Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	20 9am Hot Hatha Crystal Noon Hot Flow Crystal 4pm Hot Hatha Ben
21 10am Hot Hatha Yvette Noon Hot Flow Brandee 4pm Yin Chantel	22 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara 7:15pm Yin - Kaitlyn	23 9am Hot Hatha Kristina 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Brandee	24 CHRISTMAS EVE 9am Trad Hot Ashley	25 CHRISTMAS DAY HOLIDAY BOTH STUDIOS CLOSED TODAY	26 BOXING DAY HOLIDAY 9am Hot Hatha Kristina Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	27 9am Hot Hatha Kristina Noon Hot Flow Kristina 4pm Hot Hatha Ben
28 10am Hot Hatha Yvette Noon Hot Flow Brandee 4pm Yin Kaitlyn	29 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara 7:15pm Yin - Kaitlyn	30 9am Hot Hatha Kristina 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Brandee	31 NEW YEAR'S EVE 9am Traditional Hot Ashley	ANNOUNCEMENTS: December 19th will be the last 6am class for the 2025. 6am classes will resume January 5th, 2026 1 Hour: 6am, Noon, 3:30pm, Tuesday 7:15pm, Friday 5:15pm, Saturday 4pm 75 Min: 9am, Monday to Thursday 5:15pm, Monday & Wednesday 7:15pm & Sunday 10am & 4pm		