



January Sahali Class Schedule

(revised December 14th)



Lower Temperature



Discounted Class
6am \$10 Drop-in

KamloopsHotYoga.com

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

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



Hot Class



Private Class

LEGEND

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ANNOUNCEMENTS: 30 Day Challenge begins February 5th - The Brock Studio has added new classes for January!! CLASS LENGTH 1 Hour: 6am, Noon, 3:30pm & Saturday 4pm 75 Min: 9am, 5:15pm & 7:15pm, Sunday 10am & 4pm						New Year's Day 1 Holiday STUDIO CLOSED
2 10am Hot Hatha Amanda Noon Hot Flow Charlotte 4pm Yin Expand (90min) Trina	3 6am Traditional Hot Tiffany 9am Trad Hot Tiffany Noon Pilates Cassie 3:30pm Hot Hatha Sandy 5:15pm Trad Hot Jennifer 7:15pm Yin Amanda	4 9am Hot Hatha Kristin 3:30pm Hot Mukti Music Cassie 5:15pm Trad Hot Core Cher 7:15pm Traditional Hot Alexa	5 6am Traditional Hot Shelly D 9am Hot Hatha Kristin Noon Hot Flow Kristin 3:30pm Traditional Hot Dwight 5:15pm Traditional Hot Alexa 7:15pm Gentle Hatha w/Charlotte	6 9am Traditional Hot Jocelyn 3:30pm Hot Hatha Samantha 5:15pm Traditional Hot Music w/Mel 7:15pm Hot Flow Alexa	7 9am Hot Hatha Holly Noon Yin Amanda 3:30pm Hot Flow Holly 5:15pm Traditional Hot Mel	8 9am Hot Mukti Music Jocelyn Noon Hot Flow Jocelyn 4pm Traditional Hot EXP w/ Cher
9 10am Hot Hatha Trina Noon Hot Flow Dela 4pm Yin Kelsey	10 6am Traditional Hot Tiffany 9am Trad Hot Tiffany Noon Pilates Cassie 3:30pm Hot Hatha Sandy 5:15pm Trad Hot Jennifer 7:15pm Yin Amanda	11 9am Hot Hatha Kristin 3:30pm Hot Mukti Music Cassie 5:15pm Trad Hot Core Cher 7:15pm Traditional Hot Alexa	12 6am Traditional Hot Shelly D 9am Hot Hatha Kristin Noon Hot Flow Kristin 3:30pm Traditional Hot Rya 5:15pm Traditional Hot Alexa 7:15pm Gentle Hatha w/Charlotte	13 9am Traditional Hot Jocelyn 3:30pm Hot Hatha Samantha 5:15pm Traditional Hot Music w/Mel 7:15pm Hot Flow Alexa	14 9am Hot Hatha Holly Noon Yin Amanda 3:30pm Hot Flow Holly 5:15pm Traditional Hot Mel	15 9am Hot Mukti Music Alexa Noon Hot Buti (Flow) Holly 2pm Roller Workshop with Cassie/Extra Fee Class 4pm Traditional Hot EXP w/Alexa
16 10am Hot Hatha Amanda Noon Hot Flow Charlotte 2pm Prenatal Yoga / Pilates Series w/Amanda & Cassie/ Extra Fee Class 4pm Yin Amanda	17 6am Traditional Hot Tiffany 9am Trad Hot Tiffany Noon Pilates Cassie 3:30pm Hot Hatha Sandy 5:15pm Trad Hot Jennifer 7:15pm Yin Amanda	18 9am Hot Hatha Kristin 3:30pm Hot Mukti Music Cassie 5:15pm Trad Hot Core Cher 7:15pm Traditional Hot Alexa	19 6am Traditional Hot Shelly D 9am Hot Hatha Kristin Noon Hot Flow Kristin 3:30pm Traditional Hot Dwight 5:15pm Traditional Hot Alexa 7:15pm Gentle Hatha w/Charlotte	20 9am Traditional Hot Jocelyn 3:30pm Hot Hatha Samantha 5:15pm Traditional Hot Music w/Mel 7:15pm Hot Flow Alexa	21 9am Hot Hatha Holly Noon Yin Amanda 3:30pm Hot Flow Holly 5:15pm Traditional Hot Mel	22 9am Hot Hatha Music w/Samantha Noon Hot Flow w/Samantha 4pm Traditional Hot EXP w/ Cher
23 10am Hot Hatha Samantha Noon Hot Flow Sara 2pm Prenatal Yoga / Pilates Series w/Amanda & Cassie/ Extra Fee Class 4pm Yin Kelsey	24 6am Traditional Hot Tiffany 9am Trad Hot Tiffany Noon Pilates Cassie 3:30pm Hot Hatha Sandy 5:15pm Trad Hot Jennifer 7:15pm Yin Amanda	25 9am Hot Hatha Kristin 3:30pm Hot Mukti Music Cassie 5:15pm Trad Hot Core Cher 7:15pm Traditional Hot Alexa	26 6am Traditional Hot Shelly D 9am Hot Hatha Kristin Noon Hot Flow Kristin 3:30pm Traditional Hot Dwight 5:15pm Traditional Hot Alexa 7:15pm Gentle Hatha w/Charlotte	27 9am Traditional Hot Jocelyn 3:30pm Hot Hatha Samantha 5:15pm Traditional Hot Music w/Mel 7:15pm Hot Flow Alexa	28 9am Hot Hatha Holly Noon Yin Amanda 3:30pm Hot Flow Holly 5:15pm Traditional Hot Mel	29 9am Hot Mukti Music Alexa Noon Hot Buti (Flow) Holly 4pm Traditional Hot EXP w/Alexa
30 10am Hot Hatha Amanda Noon Hot Flow Charlotte 2pm Prenatal Yoga / Pilates Series w/Amanda & Cassie/Extra Fee Class 4pm Yin Amanda	31 6am Traditional Hot Tiffany 9am Trad Hot Tiffany Noon Pilates Cassie 3:30pm Hot Hatha Sandy 5:15pm Trad Hot Jennifer 7:15pm Yin Amanda					