



November Sahali Fall Schedule

Revised 10/08/25 DE

LEGEND

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



Discounted Class
6am \$18 Drop-in



Hot Class



Private Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ANNOUNCEMENTS: New Classes - Gentle Hatha Mondays at 7:15pm, Hot Yoga-Barre Tuesday at 3:30pm, Hot Yogalates on Thursdays at 3:30pm, Kids Yoga starting November 22nd on at 2pm 1 Hour: 6am, Noon, 3:30pm, Tuesday 7:15pm, Friday 5:15pm, Saturday 4pm 75 Min: 9am, Mon.to Fri 5:15pm, Monday & Wednesday 7:15pm & Sunday 10am & 4pm						30-DAY CHALLENGE ENDS TODAY 9am Hot Hatha Kristina Noon Hot Flow Kristina 2pm Muladhara Chakra Workshop (90min) w/Charlotte 4pm Traditional Hot Charlotte
2 10am Hot Hatha Yvette Noon Hot Flow Yvette 4pm Yin Chantel	3 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 Gentle Hatha w/Jocelyn	4 9am Hot Hatha Kristin 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	5 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha w/Jenny 7:15pm Gentle Hatha Mel	6 9am Hot Hatha Kristina 3:30pm Hot Yogalates w/Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Kailyn	7 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	8 9am Hot Hatha Crystal Noon Hot Buti Crystal 4pm Traditional Hot Crystal
9 10am Hot Hatha Brandee Noon Hot Flow Brandee 4pm Yin Kaitlyn	10 6am Hot Hatha Marcia 9am Traditional Hot Dwight Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara 7:15pm Gentle Hatha w/Jocelyn	11 REMEMBRANCE DAY HOLIDAY 9am Hot Hatha Ashley 3:30pm Hot Yoga-Barre w/ Kristina	12 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha w/Mel 7:15pm Gentle Hatha Mel	13 9am Hot Hatha Kristina 3:30pm Hot Yogalates w/Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Kailyn	14 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	15 9am Hot Hatha Kristina Noon Hot Flow Kristina 4pm Traditional Hot Kristina
16 10am Hot Hatha Brandee Noon Hot Flow Brandee 4pm Yin & Aromatherapy w/Amanda & Saje	17 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 Gentle Hatha w/Jocelyn	18 9am Hot Hatha Kristin 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	19 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha w/Mel 7:15pm Gentle Hatha Mel	20 9am Hot Hatha Kristina 3:30pm Hot Yogalates w/Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Kailyn	21 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	22 9am Hot Hatha Crystal Noon Hot Buti Crystal 2pm Kids Yoga (1hr) Mikayla Extra Fee Class 4pm Traditional Hot Kristina
23 10am Hot Hatha Brandee Noon Hot Flow Brandee 4pm Yin Kaitlyn	24 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 Gentle Hatha w/Jocelyn	25 9am Hot Hatha Kristin 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	26 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha w/Jenny 7:15pm Gentle Hatha Mel	27 9am Hot Hatha Kristina 3:30pm Hot Yogalates w/Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Kailyn	28 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	29 9am Hot Hatha Kristina Noon Hot Flow Kristina 2pm Kids Yoga (1hr) Mikayla Extra Fee Class 4pm Traditional Hot Kristina
30 10am Hot Hatha Brandee Noon Hot Flow Brandee 4pm Yin Chantel						