



October Sahali Fall Schedule

Revised 9/18/25DE

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, Yogalates Wednesdays at 6am, New Flow Class Thursdays at 7:15pm 1 Hour: 6am, Noon, 3:30pm, Tuesday 7:15pm, Friday 5:15pm 75 Min: 9am, Mon.to Fri 5:15pm, Monday & Wednesday 7:15pm & Sunday 10am & 4pm			1 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	2 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Mel	3 6am Hot Hatha Marcia 9am Hot Hatha Yvette Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	4 30-DAY CHALLENGE BEGINS TODAY 9am Hot Hatha Kristina Noon Hot Flow Kristina 4pm Traditional Hot Kristina
5 10am Hot Hatha Yvette Noon Hot Sunday Surprise w/Yvette 4pm Yin Chantel	6 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	7 9am Hot Hatha Kristin 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	8 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	9 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Kailyn	10 6am Hot Hatha Caroline 9am Hot Hatha Yvette Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	11 9am Hot Hatha Crystal D Noon Hot Buti Crystal D 4pm Traditional Hot Crystal D
12 THANKSGIVING DAY HOLIDAY WEEKEND 10am Hot Hatha Yvette	13 THANKSGIVING DAY HOLIDAY 9am Traditional Hot Tiffany Noon Yin Yvette	14 9am Hot Hatha Kailyn 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	15 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	16 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Kailyn	17 6am Hot Hatha Marcia 9am Hot Hatha Yvette Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	18 9am Hot Hatha Kristina Noon Hot Flow Kristina 4pm Traditional Hot Kristina
19 10am Hot Hatha Yvette Noon Hot Sunday Surprise w/Yvette 4pm Yin Kaitlyn	20 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	21 9am Hot Hatha Kailyn 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	22 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/ Jenny 5:15pm Hot Hatha w/Jenny 7:15pm Gentle Hatha Mel	20 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Kailyn	24 6am Hot Hatha Marcia 9am Hot Hatha Yvette Noon Yin Yvette 5:15pm \$10 Karma Class Hot Hatha w/Kristina	25 9am Hot Hatha Kristina Noon Hot Flow Kristina 4pm Traditional Hot Ben
26 10am Hot Hatha Yvette Noon Hot Sunday Surprise w/Yvette 4pm Yin Chantel	27 6am Hot Hatha Marcia 9am Traditional Hot Tiffany Noon Yin Chantel 3:30pm Hot Deep Stretch w/Kristina 5:15pm Hot Hatha Sara 7:15pm Gentle Hatha w/Jocelyn	28 9am Hot Hatha Kristin 3:30pm Hot Yoga-Barre w/ Kristina 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	29 6am Hot Yogalates Kristina 9am Traditional Hot Ashley 3:30pm Hot Deep Stretch w/Kristin 5:15pm Hot Hatha w/Jenny 7:15pm Gentle Hatha Mel	30 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel 7:15pm Hot Flow Kailyn	31 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Chantel 5:15pm \$10 Karma Class Hot Hatha w/Kristina	