



KamloopsHotYoga.com

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

October Sahali

(revised September 13th)

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

LEGEND



Hot Class



Room Temp



Discounted Class



Karma Class
\$5min donation



Private Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS LENGTH 1 Hour: Noon, 3:30pm 75 Min: 6am, 5:15pm, 7:15pm, Sunday 4pm	ANNOUNCEMENTS: To avoid overcrowding please sign up for classes online. Only 25 persons per class. Virtual classes need to be accessed through the Kamloops Hot Yoga Live Classes Facebook page at https://www.facebook.com/groups/2538636743024753/videos/					
4 Noon Hot Flow Kim 4pm Yin (75 minutes) Kim	5 6am Hot Flow Caitlin 9am Traditional Hot Caitlin 3:30pm Hot Flow Wan 5:15pm Trad Hot Dwight 7:15pm Yin Joy	6 Noon Hot Flow Kristin 3:30pm Hot Mukti Music w/Shelly 5:15pm Trad Hot Core Shelly 7:15pm Hot Flow Jenna	7 6am Trad Hot Shelly D 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Music Joy 7:15pm Yin Joy	8 Noon Hot Mukti Charlotte 3:30pm Hot Pilates Cassie 5:15pm Trad Hot Music Caitlin 7:15pm Hot Flow Charlotte	2 9am Warm Mukti Music w/Trina 12pm Yin Joy 5:15pm Trad Hot Caitlin	3 9am Hot Mukti Jenna 12pm Hot Flow Shelly
11 Thanksgiving Day HOLIDAY Weekend Noon Hot Flow Caitlin	12 Thanksgiving Day HOLIDAY 9am Traditional Hot Caitlin 3:30pm Hot Flow Wan 5:15pm Trad Hot Dwight	13 Noon Hot Flow Kristin 3:30pm Hot Mukti Music Joy 5:15pm Trad Hot Core Wan 7:15pm Hot Flow Jenna	14 6am Trad Hot Shelly D 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Expand Joy 7:15pm Yin Joy	15 Noon Hot Mukti Charlotte 3:30pm Hot Pilates Cassie 5:15pm Trad Hot Music Caitlin 7:15pm Hot Flow Charlotte	16 9am Warm Mukti Music w/Trina 12pm Yin Joy 5:15pm Trad Hot Caitlin	17 Thanksgiving Day HOLIDAY Weekend 9am Hot Mukti Aimee 12pm Hot Flow Jenny
18 Noon Hot Flow Kim 4pm Yin (75 minutes) Kim	19 6am Hot Flow Caitlin 9am Traditional Hot Caitlin 3:30pm Hot Flow Wan 5:15pm Trad Hot Dwight 7:15pm Yin Joy	20 Noon Hot Flow Kristin 3:30pm Hot Mukti Music w/Shelly 5:15pm Trad Hot Core Shelly 7:15pm Hot Flow Jenna	21 6am Trad Hot Shelly D 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Music Joy 7:15pm Yin Joy	22 Noon Hot Mukti Charlotte 3:30pm Hot Pilates Cassie 5:15pm Trad Hot Music Caitlin 7:15pm Hot Flow Charlotte	23 9am Warm Mukti Music w/Trina 12pm Yin Joy 5:15pm Trad Hot Caitlin	24 9am Hot Mukti Shelly 12pm Hot Flow Jenny
25 Noon Hot Flow Caitlin 4pm Yin (75min) Caitlin	26 6am Hot Flow Caitlin 9am Traditional Hot Caitlin 3:30pm Hot Flow Wan 5:15pm Trad Hot Dwight 7:15pm Yin Joy	27 Noon Hot Flow Kristin 3:30pm Hot Mukti Music w/Shelly 5:15pm Trad Hot Core Shelly 7:15pm Hot Flow Jenna	28 6am Trad Hot Shelly D 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Expand Joy 7:15pm Yin Joy	29 Noon Hot Mukti Charlotte 3:30pm Hot Pilates Cassie 5:15pm Trad Hot Music Caitlin 7:15pm Hot Flow Charlotte	30 9am Warm Mukti Music w/Trina 12pm Yin Joy 5:15pm Trad Hot Caitlin	31 9am Hot Mukti Jenna 12pm Hot Flow Shelly