



KamloopsHotYoga.com

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

FINAL Sept Sahali

(revised August 16th)

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		1 3:30pm Hot Mukti Music w/Shelly 5:15pm Trad Hot Core Aimee 7:15pm Hot Flow Jenna	2 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Music Shelly 7:15pm Yin Shelly	3 3:30pm Hot Pilates Cassie 5:15pm Trad Hot Music w/ Aimee 7:15pm Hot Flow Caitlin	4 9am Warm Mukti Trina 12pm Yin Joy 5:15pm Trad Hot Caitlin	5 9am Hot Mukti Jenna 12pm Hot Flow Caitlin
STUDIO CLOSED FOR DEEP CLEANING 6	Labour Day HOLIDAY 7 9am Traditional Hot Caitlin 5:15pm Trad Hot Dwight 7:15pm Yin Joy	8 3:30pm Hot Mukti Music w/Shelly 5:15pm Trad Hot Core Aimee 7:15pm Hot Flow Jenna	9 6am Trad Hot Shelly D 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Music Shelly 7:15pm Yin Shelly	10 3:30pm Hot Pilates Cassie 5:15pm Trad Hot Music w/ Aimee 7:15pm Hot Flow Caitlin	11 9am Warm Mukti Trina 12pm Yin Joy 5:15pm Trad Hot Caitlin	12 9am Hot Mukti Caitlin 12pm Hot Flow Jenny
STUDIO CLOSED FOR DEEP CLEANING 13	14 6am Hot Flow Caitlin 9am Traditional Hot Caitlin 3:30pm Hot Flow Wan 5:15pm Trad Hot Dwight 7:15pm Yin Joy	15 3:30pm Hot Mukti Music w/Shelly 5:15pm Trad Hot Core Aimee 7:15pm Hot Flow Jenna	16 6am Trad Hot Shelly D 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Expand Shelly 7:15pm Yin Shelly	17 3:30pm Hot Pilates Cassie 5:15pm Trad Hot Music w/Aimee 7:15pm Hot Flow Caitlin	18 9am Warm Mukti Trina 12pm Yin Joy 5:15pm Trad Hot Caitlin	19 9am Hot Mukti Jenna 12pm Hot Flow Caitlin
STUDIO CLOSED FOR DEEP CLEANING 20	21 6am Hot Flow Caitlin 9am Traditional Hot Caitlin 3:30pm Hot Flow Kristin 5:15pm Trad Hot Dwight 7:15pm Yin Joy	22 3:30pm Hot Mukti Music w/Shelly 5:15pm Trad Hot Core Aimee 7:15pm Hot Flow Jenna	23 6am Trad Hot Shelly D 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Music Shelly 7:15pm Yin Shelly	24 3:30pm Hot Pilates Cassie 5:15pm Trad Hot Music w/Aimee 7:15pm Hot Flow Caitlin	25 9am Warm Mukti Trina 12pm Yin Joy 5:15pm Trad Hot Caitlin	26 9am Hot Mukti Caitlin 12pm Hot Flow Jenny
STUDIO CLOSED FOR DEEP CLEANING 27	28 6am Hot Flow Caitlin 9am Traditional Hot Caitlin 3:30pm Hot Flow Wan 5:15pm Trad Hot Dwight 7:15pm Yin Joy	29 3:30pm Hot Mukti Music w/Shelly 5:15pm Trad Hot Core Aimee 7:15pm Hot Flow Jenna	30 6am Trad Hot Shelly D 9am Trad Hot 26&2 Dwight 3:30pm Hot Flow Jenna 5:15pm Mukti Expand Shelly 7:15pm Restorative Shelly	ANNOUNCEMENTS: To avoid overcrowding please sign up for classes online. Only 25 persons per class. Virtual classes need to accessed through the Kamloops Hot Yoga Live Classes Facebook page at https://www.facebook.com/groups/2538636743024753/videos/		