



September Sahali Summer Class Schedule

Revised 8/20/25DE

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
	1 LABOUR DAY HOLIDAY 9am Traditional Hot Yvette Noon Yin Amanda	2 9am Hot Hatha Kristin 5:15pm Trad. Hot Dwight 7:15pm Hot Flow Nicole	3 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	4 9am Hot Hatha Kristina 5:15pm Traditional Hot w/Dwight	5 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Kristin 5:15pm \$10 Karma Class Hot Hatha w/Kristina	6 9am Hot Hatha Kristina Noon Hot Flow Kristina
7 10am Hot Hatha Crystal D 4pm Yin Chantel	8 6am Hot Hatha Marcia 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara	9 9am Hot Hatha Kristin 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	10 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	11 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel	12 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	13 9am Hot Hatha Crystal D Noon Hot Buti Crystal D
14 10am Hot Hatha Yvette 4pm Yin Chantel	15 6am Hot Hatha Marcia 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara	16 9am Hot Hatha Kristin 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	17 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	18 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel	19 6am Hot Hatha Marcia 9am Hot Hatha Yvette Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	20 9am Hot Hatha Kristina Noon Hot Flow Kristina
21 10am Hot Hatha Yvette 4pm Yin Kaitlyn	22 6am Hot Hatha Marcia 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara	23 9am Hot Hatha Kristin 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	24 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	25 9am Hot Hatha Kristina 5:15pm Traditional Hot Mel	26 6am Hot Hatha Marcia 9am Hot Hatha Kristin Noon Yin Amanda 5:15pm \$10 Karma Class Hot Hatha w/Kristina	27 9am Hot Hatha Crystal D Noon Hot Buti Crysta D 6pm Sound Journey Extra Fee w/Amanda & Kristin (90min)
28 10am Hot Hatha Yvette 4pm Yin Kaitlyn	29 6am Hot Hatha Marcia 9am Traditional Hot Tiffany Noon Yin Amanda 3:30pm Hot Deep Stretch w/Amanda 5:15pm Hot Hatha Sara	30 TRUTH & RECONCILIATION DAY HOLIDAY 9am Hot Hatha Kristin 5:15pm Trad. Hot Brandee 7:15pm Hot Flow Nicole	ANNOUNCEMENTS: New Yin Class on Mondays at Noon, New Flow Class on Tuesdays at 7:15pm, New Gentle Hatha on Wednesdays at 7:15pm & New Flow and Buti classes on Saturdays at Noon. Sound Journey Saturday, September 27 at 6pm CLASS LENGTH: 1 Hour: 6am, Noon, 3:30pm, Tuesday 7:15pm, Friday 5:15pm 75 Min: 9am, Mon.to Fri 5:15pm, Wednesday 7:15pm & Sunday 10am & 4pm			