

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock - September

Download the app or visit www.kamloopshotyoga.com for a detailed daily schedule

778-470-6121 | #17 - 1800 Tranquille Rd. Kamloops BC, V2B3L9

CLASS LENGTH

1 hour: 4pm, 715pm & Private Classes

75 mins: 9am, 10am & 530PM

Classes in GREEN are Room Temperature classes

KARMA classes are \$5 minimum donation

Classes in RED are not scheduled

PURPLE classes are private and/or additional fee

Final 08.27.18

						1 LABOUR Day Holiday WKND 10am - Traditional Hot/Aimee NO 4PM CLASS TODAY
2 LABOUR Day Holiday Weekend STUDIO CLOSED TODAY Brock Only Members can use the Sahali Studio Today	3 LABOUR Day Holiday STUDIO CLOSED TODAY Brock Only Members can use the Sahali Studio Today	4 9am - Hot Hatha / Joy 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot EXPAND w/Korry	5 9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Core/Aimee 7:15pm - Yin / Shelly	6 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Traditional Hot Karma Music / Korry	7 9am - Silent Trad.Hot / Joy 4pm - Hot Hatha / Leilani	8 30 Day Challenge Starts 10am - Traditional Hot/Aimee 4pm - Yin / Shelly
9 9am - Mukti / Rose 10am - Traditional Hot/Aimee 4pm - Gentle Hatha/Shelly	10 9am - Mukti / Rose 1pm - Private Class / Joy 4pm - Mukti Music / Joy 5:30pm -Trad.Hot Music/Aimee 7:15pm - Gentle Hatha to Restorative w/ Kristin	11 9am - Hot Hatha / Joy 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot EXPAND w/Korry	12 9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Core/Aimee 7:15pm - Yin / Shelly	13 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Traditional Hot Karma Music / Korry	14 9am - Traditional Hot / Joy 4pm - Hot Hatha / Leilani	15 10am - Traditional Hot / Aimee 4pm - Yin / Shelly
16 9am - Mukti / Rose 10am - Traditional Hot/Valerie 4pm - Gentle Hatha/Valerie	17 9am - Mukti / Rose 4pm - Mukti Music / Joy 5:30pm -Trad.Hot Music/Aimee 7:15pm - Gentle Hatha to Restorative w / Kristin	18 9am - Hot Hatha / Joy 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot EXPAND w/Korry	19 9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Core/Aimee 7:15pm - Yin / Shelly w/Live Music	20 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Traditional Hot Karma w/ Music / Korry	21 9am - Silent Trad. Hot / Joy 4pm - Hot Hatha / Leilani	22 10am - Traditional Hot/Aimee 4pm - Yin / Shelly
23 9am - Mukti / Rose 10am - Traditional Hot/Valerie 4pm - Gentle Hatha/Valerie	24 9am - Mukti / Rose 1pm - Private Class / Korry 4pm - Mukti Music / Joy 5:30pm-Trad.Hot Music/Aimee 7:15pm - Gentle Hatha to Restorative w/ Kristin	25 9am - Hot Hatha / Joy 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot EXPAND w/Korry	26 9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Core/Aimee 7:15pm - Yin / Shelly	27 9am - Hot Hatha / Joy 4pm - Yin / Shelly 5:30pm - Traditional Hot Karma w/ Music / Korry	28 9am - Traditional Hot / Joy 4pm - Hot Hatha / Leilani	29 10am - Traditional Hot/Aimee 4pm - Yin / Shelly
30 10am - Traditional Hot/Korry 4pm - Gentle Hatha/Korry						