

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Sahali-September

Classes in **GREEN** are Room Temperature classes  
KARMA classes are a \$5 min. donation  
Classes in **RED** are not scheduled  
6am Classes are \$10 drop-in  
PURPLE classes are private and/or additional fee

**CLASS LENGTH**  
**1 hour:** 12pm, 3:30pm, 4pm Sat, 7pm, 9pm  
**75 minutes:** 6am, 9am, 5:15pm, 7:15pm, 4pm Sun

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

Download the app or visit [www.kamloopshotyoga.com](http://www.kamloopshotyoga.com) for a detailed daily schedule

Final 8.27.18						9am - Hot Hatha / Shelly <b>NO NOON CLASS TODAY</b> 4pm - Hot Hatha Expand/Shelly
<b>2</b> LABOUR Day Holiday Wknd 9am - Hot Hatha / Shelly <b>NO NOON CLASS TODAY</b> 4pm - Yin / Trina	<b>3</b> LABOUR Day Holiday <b>NO 6AM CLASS TODAY</b> 9am - Traditional Hot / Korry 12pm - Mukti / Rose 3:30pm - Flow / Rose <b>NO 5:15PM CLASS TODAY</b> <b>NO 7:15PM CLASS TODAY</b>	<b>4</b> 9am - Hot Hatha / Yvette 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Hayley 5:15pm-Trad.Hot/26&2/Dwight 7:15pm - Flow / Hayley	<b>5</b> 6am - Traditional Hot /Korry 9am - Trad.Hot Expand /Joy 12pm - Trad Hot Music/Korry 3:30pm - Flow / Rose 5:15pm - Mukti Expand /Rose 7:15pm - Restorative /Hayley 9pm - Traditional Hot /Hayley	<b>6</b> 9am - Traditional Hot / Korry 12pm - Hatha / Joy 3:30pm - Traditional Hot / Joy 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Hayley	<b>7</b> 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Silent Yin / Joy 3:30pm - Traditional Hot/Hayley 5:15pm-KARMA/Traditional Hot Music with Hayley	<b>8</b> <b>30 Day Challenge Starts</b> 9am - Traditional Hot / Korry Noon - Flow / Jenny 4pm - Trad Hot Expand / Korry
<b>9</b> 9am - Hot Hatha / Korry Noon - Flow / Korry 4pm - Restorative / Trina	<b>10</b> 6am - Flow / Hayley 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Korry 5:15pm -Trad.Hot Core /Yvette 7:15pm - Yin / Yvette 9pm - Traditional Hot / Korry	<b>11</b> 9am - Hot Hatha / Yvette 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Hayley 5:15pm-Trad.Hot/26&2/Dwight 7:15pm - Flow / Hayley	<b>12</b> 6am - Traditional Hot/Korry 9am - Silent Trad Hot /Joy 12pm - Trad Hot Music/Korry 3:30pm - Flow / Rose 5:15pm -Mukti / Rose 7:15pm - Yin / Hayley 9pm - Traditional Hot/Hayley	<b>13</b> 9am - Traditional Hot / Korry 12pm - Hatha / Joy 3:30pm - Trad. Hot / Hayley 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Valerie	<b>14</b> 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm - Traditional Hot/Valerie 5:15pm-KARMA/Traditional Hot Music with Valerie	<b>15</b> 9am - Traditional Hot / Val Noon - Flow / Val 4pm - Trad Hot Expand/Hayley
<b>16</b> 9am - Hot Hatha / Hayley Noon - Flow / Hayley 4pm - Yin / Trina	<b>17</b> 6am - Flow / Hayley 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Val 5:15pm -Trad.Hot Core /Yvette 7:15pm-Yin w/LiveMusic/Yvette 9pm - Traditional Hot / Valerie	<b>18</b> 9am - Hot Hatha / Yvette 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Hayley 5:15pm-Trad.Hot/26&2/Dwight 7:15pm - Flow / Hayley	<b>19</b> 6am - Traditional Hot /Korry 9am - Trad Hot Expand /Joy 12pm - Trad Hot Music/Korry 3:30pm - Flow / Rose 5:15pm - Mukti Expand/Rose 7:15pm - Restorative /Hayley 9pm - Traditional Hot/Hayley	<b>20</b> 9am - Traditional Hot / Korry 12pm - Hatha / Joy 3:30pm -Traditional Hot/Hayley 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Valerie	<b>21</b> 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Silent Yin / Joy 3:30pm - Traditional Hot /Hayley 5:15pm-KARMA/Traditional Hot Music with Hayley	<b>22</b> 9am - Traditional Hot / Korry Noon - Flow / Korry 4pm - Trad Hot Expand/Valerie
<b>23</b> 9am - Hot Hatha / Korry Noon - Flow / Korry 4pm - Restorative Expand w/Trina - 90min	<b>24</b> 6am - Flow / Hayley 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Valerie 5:15pm -Trad.Hot Core /Yvette 7:15pm-Yin to Nidra / Yvette 9pm - Traditional Hot / Valerie	<b>25</b> 9am - Hot Hatha / Yvette 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Hayley 5:15pm-Trad.Hot/26&2/Dwight 7:15pm - Flow / Hayley	<b>26</b> 6am - Traditional Hot/Korry 9am - Silent Trad Hot / Joy 12pm - Trad Hot Music/Korry 3:30pm - Flow / Kailyn 5:15pm -Mukti / Cassie 7:15pm - Yin / Hayley 9pm - Traditional Hot /Hayley	<b>27</b> 9am -Traditional Hot / Korry 12pm - Hatha / Joy 3:30pm -Trad.Hot/Hayley 5:15pm-Trad.Hot Music/Hayley 7:15pm - Flow / Valerie	<b>28</b> 6am - Mukti / Hayley 9am - Mukti Music / Hayley 12pm - Yin / Joy 3:30pm - Traditional Hot /Valerie 5:15pm-KARMA Traditional Hot Music with Caitlin	<b>29</b> 9am - Traditional Hot / Valerie Noon - Flow / Valerie 4pm - Trad Hot Expand/Korry
<b>30</b> 9am - Hot Hatha / Hayley Noon - Flow / Hayley 4pm - Yin / Trina						