

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock-October

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 09.25.18

	9am - Mukti / Joy 4pm - Mukti Music / Cassie 5:30pm-Trad.Hot/26&2/Dwight 7:15pm - Gentle Hatha to Restorative w/ Kristin	1	9am - Hot Hatha / Joy 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee	2	9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	3	9am - Hot Hatha / Valerie 4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music / Valerie	4	9am - Silent Trad.Hot / Joy 4pm - Hot Hatha / Leilani	5	10am - Traditional Hot/Aimee 4pm - Yin / Shelly	6	
30 DAY CHALLENGE ENDS 10am -Traditional Hot/Valerie NO 4PM CLASS TODAY Brock Only Members Can Use Sahali Studio Today	7	THANKSGIVING Day Holiday STUDIO CLOSED TODAY Brock Only Members Can Use Sahali Studio Today	8	9am - Hot Hatha / Joy 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee	9	9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	10	9am - Hot Hatha / Joy 4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music/ Dwight	11	9am - Traditional Hot / Joy 4pm - Hot Hatha / Leilani	12	10am - Traditional Hot/Aimee 4pm - Yin / Shelly	13
	9am - Mukti / Joy 1:30pm - 2:45PM - Private Class with Trina 4pm - Mukti Music / Rose 5:30pm-Trad.Hot / 26&2 / Dwight 7:15pm - Gentle Hatha to Restorative w/ Kristin	14	15	9am - Hot Hatha / Joy 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee	16	9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin with Live Music / Shelly	17	9am - Hot Hatha / Joy 4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music / Korry	18	9am - Silent Trad Hot / Joy 4pm - Hot Hatha / Leilani	19	10am - Traditional Hot Aimee 4pm - Yin / Shelly	20
	9am - Mukti / Joy 1pm - TCC Private Class / Joy 4pm - Mukti Music / Rose 5:30pm-Trad.Hot/26&2/Dwight 7:15pm - Gentle Hatha to Restorative w/ Hayley	21	22	9am - Hot Hatha/Valerie 4pm - Traditional Hot/Leilani 5:30pm - Traditional Hot CORE w/Aimee	23	9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	24	9am - Hot Hatha / Joy 4pm - Yin / Yvette 5:30pm - Traditional Hot Karma Music /Dwight	25	9am - Traditional Hot / Joy 4pm - Hot Hatha / Shelly	26	10am - Traditional Hot/Aimee 4pm - Yin / Shelly	27
	9am - Mukti / Joy 1pm - TCC Private Class / Joy 4pm - Mukti Music / Rose 5:30pm-Trad.Hot/26&2/Dwight 7:15pm - Gentle Hatha to Restorative w/ Hayley	28	29	9am - Hot Hatha / Joy 4pm - Traditional HotValerie 5:30pm - Traditional Hot CORE w/Aimee	30	9am - Trad.Hot EXPAND/Leilani 4pm - Hatha / Yvette 5:30pm-Trad Hot Music/Aimee 7:15pm - Yin / Shelly	31						