

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 09.28.18

9am - Mukti / Joy
4pm - Mukti Music / Cassie
5:30pm-Trad.Hot/26&2/Dwight
7:15pm - Gentle Hatha to Restorative w/ Kristin

9am - Hot Hatha / Joy
4pm - Traditional Hot/Leilani
5:30pm - Traditional Hot CORE w/Aimee

9am - Trad.Hot EXPAND/Leilani
4pm - Hatha / Yvette
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin / Shelly

9am - Hot Hatha / Valerie
4pm - Yin / Yvette
5:30pm - Traditional Hot Karma Music / Valerie

9am - Silent Trad.Hot / Joy
4pm - Hot Hatha / Leilani

10am - Traditional Hot/Aimee
4pm - Yin / Shelly

10am - Traditional Hot/Aimee
4pm - Yin / Shelly

30 DAY CHALLENGE ENDS 7
10am - Traditional Hot/Valerie
NO 4PM CLASS TODAY
Brock Only Members Can Use Sahali Studio Today

THANKSGIVING Day Holiday 8
STUDIO CLOSED TODAY
Brock Only Members Can Use Sahali Studio Today

9am - Hot Hatha / Joy
4pm - Traditional Hot/Leilani
5:30pm - Traditional Hot CORE w/Aimee

9am - Trad.Hot EXPAND/Leilani
4pm - Hatha / Yvette
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin / Shelly

9am - Hot Hatha / Joy
4pm - Yin / Yvette
5:30pm - Traditional Hot Karma Music/ Dwight

9am - Traditional Hot / Joy
4pm - Hot Hatha / Leilani

10am - Traditional Hot/Aimee
4pm - Yin / Shelly

10am - Traditional Hot/Valerie
4pm - Gentle Hatha / Valerie

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

9am - Hot Hatha / Joy
4pm - Traditional Hot/Leilani
5:30pm - Traditional Hot CORE w/Aimee

9am - Trad.Hot EXPAND/Leilani
4pm - Hatha / Yvette
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin with Live Music / Shelly

9am - Hot Hatha / Joy
4pm - Yin / Yvette
5:30pm - Traditional Hot Karma Music / Korry

9am - Silent Trad Hot / Joy
4pm - Hot Hatha / Leilani

10am - Traditional Hot Aimee
4pm - Yin / Shelly

10am - Traditional Hot/Valerie
4pm - Gentle Hatha / Valerie

9am - Mukti / Joy
11am - TCC Private Class/Joy
4pm - Mukti Music / Rose
5:30pm-Trad.Hot/26&2/Dwight
7:15pm - Gentle Hatha to Restorative w/ Hayley

9am - Hot Hatha/Valerie
4pm - Traditional Hot/Leilani
5:30pm - Traditional Hot CORE w/Aimee

9am - Trad.Hot EXPAND/Leilani
4pm - Hatha / Yvette
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin / Shelly

9am - Hot Hatha / Joy
4pm - Yin / Yvette
5:30pm - Traditional Hot Karma Music /Dwight

9am - Traditional Hot / Joy
4pm - Hot Hatha / Shelly

10am - Traditional Hot/Aimee
4pm - Yin / Shelly

10am - Traditional Hot/Valerie
4pm - Gentle Hatha / Valerie

9am - Mukti / Joy
11am - TCC Private Class/Joy
4pm - Mukti Music / Rose
5:30pm-Trad.Hot/26&2/Dwight
7:15pm - Gentle Hatha to Restorative w/ Hayley

9am - Hot Hatha / Joy
4pm - Traditional HotValerie
5:30pm - Traditional Hot CORE w/Aimee

9am - Trad.Hot EXPAND/Leilani
4pm - Hatha / Yvette
5:30pm-Trad Hot Music/Aimee
7:15pm - Yin / Shelly

9am - Hot Hatha / Joy
4pm - Yin / Yvette
5:30pm - Traditional Hot Karma Music /Dwight

9am - Traditional Hot / Joy
4pm - Hot Hatha / Shelly

10am - Traditional Hot/Aimee
4pm - Yin / Shelly