

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali-OCTOBER

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 for a detailed daily schedule

FINAL 9.25.18						
	1 6am - Flow / Korry 9am - Traditional Hot / Korry 12pm - Mukti / Joy 3:30pm - Flow / Valerie 5:15pm - Trad.Hot Core / Yvette 7:15pm - Yin / Yvette 9pm - Traditional Hot / Valerie	2 9am - Hot Hatha / Shelly 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Korrry 5:15pm-Trad.Hot/26&2 /Korrry 7:15pm - Flow / Hayley	3 6am - Trad Hot / Korrry 9am - Trad Hot Expand/Korrry 12pm - Trad Hot Music /Joy 3:30pm - Flow / Shelly 5:15pm - Mukti / Hayley 7:15pm - Yin / Hayley 9pm - Trad Hot/Charlotte	4 9am - Traditional Hot / Korrry 12pm - Hatha / Korrry 3:30pm - Traditional Hot / Joy 5:15pm - Trad Hot Music / Joy 7:15pm - Flow / Jenny	5 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Silent Yin / Joy 3:30pm - Traditional Hot/Valerie 5:15pm-KARMA/Traditional Hot Music with Valerie	6 9am - Traditional Hot / Valerie Noon - Flow / Kimberly 4pm - Trad Hot Expand/Valerie
7 30 DAY CHALLENGE ENDS 9am - Hot Hatha / Kimberly Noon - Flow / Kimberly 4pm - Restorative / Trina	8 THANKSGIVING DAY HOLIDAY NO 6AM CLASS TODAY 9am - Traditional Hot / Valerie 12pm - Traditional Hot /Valerie 3:30pm - Flow / Korrry NO 5:15PM, 7:15PM & 9PM CLASSES TODAY	9 9am - Hot Hatha / Shelly 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Korrry 5:15pm-Trad.Hot/26&2/Korrry 7:15pm - Flow / Valerie	10 6am - Trad Hot / Korrry 9am - Silent Trad Hot /Joy 12pm - Trad Hot Music/Korrry 3:30pm - Flow / Rose 5:15pm - Mukti Expand/Rose 7:15pm-Restorative/Charlotte 9pm - Trad Hot / Charlotte	11 9am - Traditional Hot / Korrry 12pm - Hatha / Joy 3:30pm - Traditional Hot / Val 5:15pm-Trad Hot Music / Val 7:15pm - Flow / Korrry	12 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm - Traditional Hot/Korrry 5:15pm-KARMA/Traditional Hot Music with Korrry	13 9am - Traditional Hot / Val Noon - Flow / Kristin 4pm - Trad Hot Expand/Valerie
14 9am - Hot Hatha / Kimberly Noon - Flow / Kimberly 4pm - Yin / Trina	15 6am - Flow / Valerie 9am - Traditional Hot / Valerie 12pm - Mukti / Rose 3:30pm - Flow / Korrry 5:15pm -Trad.Hot Core / Yvette 7:15pm-Yin Live Music/Yvette 9pm - Traditional Hot / Korrry	16 9am - Hot Hatha / Shelly 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Korrry 5:15pm-Trad.Hot/26&2/Korrry 7:15pm - Flow / Hayley	17 6am - Trad Hot / Korrry 9am - Trad Hot Expand /Joy 12pm - Trad Hot Music/Korrry 3:30pm - Flow / Rose 5:15pm - Mukti / Rose 7:15pm - Yin / Hayley 9pm - Trad Hot / Charlotte	18 9am - Traditional Hot / Korrry 12pm - Hatha / Joy 3:30pm - Traditional Hot / Val 5:15pm- Trad Hot Music / Val 7:15pm - Flow / Shelly	19 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Silent Yin / Joy 3:30pm - Traditional Hot/Valerie 5:15pm-KARMA/Traditional Hot Music with Valerie	20 9am - Traditional Hot / Korrry Noon - Flow / Korrry 4pm - Trad Hot Expand /Caitlin
21 9am - Hot Hatha / Korrry Noon - Flow / Korrry 4pm - Restorative Expand Escape 90min / Trina	22 6am - Flow / Valerie 9am - Traditional Hot / Valerie 12pm - Mukti / Rose 3:30pm - Flow / Korrry 5:15pm -Trad.Hot Core / Yvette 7:15pm-Yin to Nidra / Yvette 9pm - Traditional Hot / Korrry	23 9am - Hot Hatha / Shelly 12pm - Hatha / Yvette 3:30pm-Trad.Hot Music/Korrry 5:15pm-Trad.Hot/26&2/Dwight 7:15pm - Flow / Hayley	24 6am - Trad Hot / Korrry 9am - Silent Trad Hot / Joy 12pm - Trad Hot Music/Korrry 3:30pm - Flow / Rose 5:15pm -Mukti Expand /Rose 7:15pm-Restorative/Charlotte 9pm - Trad Hot / Charlotte	25 9am -Traditional Hot / Korrry 12pm - Hatha / Joy 3:30pm-Traditional Hot/Valerie 5:15pm-Trad Hot Music/Valerie 7:15pm - Flow / Korrry	26 6am - Mukti / Rose 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm - Traditional Hot/Valerie 5:15pm-KARMA Traditional Hot Music with Valerie	27 9am - Traditional Hot / Korrry Noon - Flow / Korrry 4pm - Trad Hot Expand /Caitlin
28 9am - Hot Hatha / Korrry Noon - Flow / Korrry 4pm - Yin / Trina	29 6am - Flow / Valerie 9am - Traditional Hot / Valerie 12pm - Mukti / Rose 3:30pm - Flow / Korrry 5:15pm -Trad.Hot Core / Yvette 7:15pm-Yin / Yvette 9pm - Traditional Hot / Korrry	30 9am - Hot Hatha / Shelly 12pm - Hatha / Joy 3:30pm-Trad.Hot Music/Korrry 5:15pm-Trad.Hot/26&2/Korrry 7:15pm - Flow / Hayley	31 6am - Trad Hot / Korrry 9am - Trad Hot Expand / Joy 12pm - Trad Hot Music/Korrry 3:30pm - Flow / Rose 5:15pm -Mukti / Rose 7:15pm - Yin / Hayley 9pm - Trad Hot / Charlotte			