



Sept.Sahali Class Schedule

(Revised 8/20/24 AL)



LEGEND



KamloopsHotYoga.com

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#6-953 Laval Crescent, Kamloops, BC V2C5P4

Download the app or visit us online
for a detailed daily schedule.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 LABOUR DAY HOLIDAY WEEKEND 10 ^{am} Hot Hatha Kristina	2 LABOUR DAY HOLIDAY 9 ^{am} Traditional Hot Tiffany	3 9 ^{am} Hot Hatha Kristin 5:15 ^{pm} Trad. Hot Yvette 7:15 ^{pm} Hot Flow Samantha	4 6 ^{am} Trad Hot Shelly 9 ^{am} Traditional Hot Kristin 3:30 ^{pm} Hot Deep Stretch w/Amanda 5:15 ^{pm} Ashtanga Flow w/Jenny S 7:15 ^{pm} Gentle Hatha w/ Samantha	5 9 ^{am} Hot Hatha Kristina 5:15 ^{pm} Traditional Hot w/Samantha 7:15 ^{pm} Hot Flow Samantha	6 9 ^{am} Hot Hatha Kristin Noon Yin Amanda 5:15 ^{pm} \$10 Karma Class(60min) Hot Hatha w/Kristina	7 9 ^{am} Hot Hatha Kristina
8 10 ^{am} Hot Hatha Kristina 4 ^{pm} Yin Amanda	9 6 ^{am} Traditional Hot Kristina 9 ^{am} Traditional Hot Jocelyn 3:30 ^{pm} Hot Deep Stretch w/Amanda 5:15 ^{pm} Hot Hatha w/JennyG 7:15 ^{pm} Yin Sara	10 9 ^{am} Hot Hatha Kristin 5:15 ^{pm} Trad. Hot Amanda 7:15 ^{pm} Hot Flow Samantha	11 6 ^{am} Trad Hot Shelly 9 ^{am} Traditional Hot Kristin 3:30 ^{pm} Hot Deep Stretch w/Amanda 5:15 ^{pm} Ashtanga Flow w/Jenny S 7:15 ^{pm} Gentle Hatha Mel	12 9 ^{am} Hot Hatha Kristina 5:15 ^{pm} Traditional Hot Mel 7:15 ^{pm} Hot Flow Samantha	13 9 ^{am} Hot Hatha Kristin Noon Yin Amanda 5:15 ^{pm} \$10 Karma Class(60min) Hot Hatha w/Kristina	14 9 ^{am} Hot Hatha Crystal 2 ^{pm} (2hrs) Arm Balance & Inversion Workshop w/Sara & Kristina/Extra Fee
15 10 ^{am} Hot Hatha Kristina 4 ^{pm} Yin Expand (90min) w/Trina	16 6 ^{am} Traditional Hot Kristina 9 ^{am} Traditional Hot Caroline 3:30 ^{pm} Hot Deep Stretch w/Amanda 5:15 ^{pm} Hot Hatha w/JennyG 7:15 ^{pm} Yin Sara	17 9 ^{am} Hot Hatha Kristin 5:15 ^{pm} Trad. Hot Amanda 7:15 ^{pm} Hot Flow Samantha	18 6 ^{am} Trad Hot Shelly 9 ^{am} Traditional Hot Kristin 3:30 ^{pm} Hot Deep Stretch w/Amanda 5:15 ^{pm} Ashtanga Flow w/Jenny S 7:15 ^{pm} Gentle Hatha Mel	19 9 ^{am} Hot Hatha Kristina 5:15 ^{pm} Traditional Hot Mel 7:15 ^{pm} Hot Flow Samantha	20 9 ^{am} Hot Hatha Kristin Noon Yin Amanda 5:15 ^{pm} \$10 Karma Class(60min) Hot Hatha w/Kristina	21 9 ^{am} Hot Hatha Kristina 6 ^{pm} (90min) Fall Equinox Meditation & Sound Journey Workshop w/Amanda & Kristin Extra Fee Event
22 10 ^{am} Hot Hatha Crystal Noon BUTI Crystal 4 ^{pm} Yin Deni	23 6 ^{am} Traditional Hot Kristina 9 ^{am} Traditional Hot Tiffany 3:30 ^{pm} Hot Deep Stretch w/Amanda 5:15 ^{pm} Hot Hatha w/JennyG 7:15 ^{pm} Yin Sara	24 9 ^{am} Hot Hatha Kristin 5:15 ^{pm} Trad. Hot Yvette 7:15 ^{pm} Hot Flow Samantha	25 6 ^{am} Trad Hot Shelly 9 ^{am} Traditional Hot Kristin 3:30 ^{pm} Hot Deep Stretch w/Amanda 5:15 ^{pm} Ashtanga Flow w/Jenny S 7:15 ^{pm} Gentle Hatha Mel	26 9 ^{am} Hot Hatha Kristina 5:15 ^{pm} Traditional Hot Mel 7:15 ^{pm} Hot Flow Samantha	27 9 ^{am} Hot Hatha Kristin Noon Yin Amanda 5:15 ^{pm} \$10 Karma Class(60min) Hot Hatha w/Kristina	28 9 ^{am} Hot Hatha Kristina Noon (2hrs) BACK TO BASICS Workshop Yoga for Beginners w/Yvette Extra Fee
29 10 ^{am} Hot Hatha Kristina 4 ^{pm} Yin to Nidra (90min)Yvette	30 Truth & Reconciliation Day Holiday 9 ^{am} Traditional Hot Tiffany 3:30 ^{pm} Hot Deep Stretch w/Amanda		ANNOUNCEMENTS: Yin to Nidra (90min) September 29th New Class Style Wednesday 5:15pm Ashtanga Flow CLASS LENGTH: 1 Hour: 6am, Noon, 3:30pm, Thursday 7:15pm, Friday 5:15pm 75 Min: 9am, Monday & Wednesday 5:15pm & 7:15pm, Sunday 10am & 4pm			