

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock - April

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: 12pm, 4pm, 8pm, and Private Classes

75 mins: 9am, 10am, 6pm

90mins: Mondays at 6PM

Classes in **GREEN** are not heated

Classes in **YELLOW** are an additional fee

Classes in **RED** are not scheduled

6am Class & Community Class (new teacher) \$10 drop-in

Karma Class min \$5 donation for non-members

FINAL 03.24.17

						10am - Traditional Hot / Aimee Noon - Kids Yoga / 3 to 10yrs with Aimee 4pm - Yin / 1hr / Yvette
2 10am - Traditional Hot / Wan 2PM - Abundant Bodies/1hr Heather/Session Fee Applies 4pm - Trad.Hot Expand/Heather	3 9am - Traditional Hot / Hayley 4pm - Mukti Music / Sandy 6pm - Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	4 9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	5 9am - Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	6 9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm - Trad.Hot Music / Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	7 9am - Silent Trad.Hot/Joy 4pm - Trad.Hot Expand / Leilani 6pm - Karma Trad.Hot Music with Aimee	8 10am - Traditional Hot / Aimee Noon - Kids Yoga / 3 to 10 yrs with Aimee 4pm - Yin to Nidra / 1hr / Yvette
9 10am - Traditional Hot / Wan 2PM - Abundant Bodies/1hr Heather/Session Fee Applies 4pm - Trad.Hot Expand/Heather	10 9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/VAL 4pm - Mukti Music / Trina 6pm - Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	11 9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	12 9am - Trad.Hot Expand/Wan 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	13 9am - Hot Hatha / Hayley 4pm - Yin / Hayley 6pm - Trad.Hot Music / Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	14 GOOD FRIDAY HOLIDAY 9am - Traditional Hot / Wan 4pm - Trad.Hot Expand / Leilani NO 6PM KARMA CLASS TODAY	15 EASTER HOLIDAY WEEKEND 10am - Traditional Hot / Aimee NO NOON KIDS CLASS TODAY NO 4PM CLASS TODAY
16 EASTER SUNDAY 10am - Traditional Hot / Wan NO 2PM - AB CLASS TODAY NO 4PM CLASS TODAY	17 EASTER MONDAY 9am - Traditional Hot / Hayley 4pm - Mukti Music / Trina NO 6PM CLASS TODAY NO 8PM CLASS TODAY	18 9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	19 9am - Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	20 9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm - Trad.Hot Music / Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	21 9am - Silent Trad.Hot / Joy 4pm - Trad.Hot Expand / Hayley 6pm - Karma Trad.Hot Music with Hayley	22 10am - Traditional Hot / Aimee Noon - Family Class w/ Aimee 4pm - Yin / Wan
23 10am - Traditional Hot / Wan 2PM - Abundant Bodies / 1hr Heather/Session Fee Applies 4pm - Trad.Hot Expand/Heather	24 9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/VAL 4pm - Mukti Music / Sandy 6pm - Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	25 9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Restorative / Donna	26 9am - Trad.Hot Expand/Leilani 4pm - Hot Hatha / Val 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	27 9am - Hot Hatha / Hayley 4pm - Yin / Hayley 6pm - Trad.Hot Music / Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	28 9am - Traditional Hot / Joy 4pm - Trad.Hot Expand / Leilani 6pm - Karma Trad.Hot Music with Aimee	29 10am - Traditional Hot / Aimee Noon - Kids Yoga / 3 to 10 yrs with Aimee 4pm - Yin to Nidra / 1hr / Yvette
30 10am - Traditional Hot / Wan 2PM - Abundant Bodies/1hr Heather/Session Fee Applies 4pm - Trad.Hot Expand/Heather						