Sahali-April

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

CLASS LENGTH
1 hour: 730am, 12pm, 3:30pm, 4pm Sat, 7pm, 9pm
75 mins: 6am, 9am, 5:15pm, 7:15pm, 4pm Sun
90mins: Tues & Thurs 5:15pm; any class denoted with *

250-374-7426
#6-953 Laval Crescent, Kamloops, BC V2C5P4

Download the app or visit www.kamloopshotyoga.com for a detailed daily schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FINAL 03.24.17						**1** 9am - Flow / Charlotte 12pm - Traditional Hot/Charlotte 2PM - Abundant Bodies/1hr Heather/Session Fee Applies 4pm - Trad Hot Expand/Wan
2 9am - Mukti / Yvette Noon - Flow / Deandra 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan	**3** 6am - Traditional Hot/Hayley 9am - Traditional Hot / Joy 12pm - Mukti / Trina 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core / Yvette 7:15pm - YogaX / Joy 9pm - Trad Hot Music / Wan	**4** 9am - Hot Hatha / Yvette 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan **5:15pm - Trad.Hot*/26&2/Wan** 7:15pm - Flow / Deandra 9pm - Hot Hatha/Val	**5** 6am - Flow / Charlotte 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	**6** 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Char 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	**7** 6am - Hot Hatha / Jenny 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot/Hayley 5:15pm-**KARMA/Traditional Hot** Music with Hayley	**8** 9am - Flow / Jenny 12pm - Traditional Hot / Wan **2PM - Abundant Bodies/1hr** **Heather/Session Fee Applies** 4pm - Trad Hot Expand/Wan
9 9am - Mukti / Yvette Noon - Flow / Yvette 4pm - Live Music Yin / 75min with Natalie 7pm -Trad.Hot Music / Wan	**10** 6am - Traditional Hot / Hayley 9am - Silent Trad.Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core / Yvette 7:15pm - YogaX / Joy 9pm - Trad Hot Music / Wan	**11** 9am - Hot Hatha / Yvette 12pm - Yoga X / Joy **1:30PM - PRIVATE CLASS/VAL** 3:30pm - Trad.Hot Music/ Wan **5:15pm - Trad.Hot*/26&2/Wan** 7:15pm - Flow / Jenny 9pm - Hot Hatha/Val	**12** 6am - Flow / Deandra 9am - Flow / Leilani 12pm - Traditional Hot / Wan 3:30pm - Flow / Natalie 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	**13** 9am-Traditional Hot/Wan 12pm - Hatha / Joy **1:30PM-PRIVATE CLASS/VAL** 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Wan 7:15pm-Flow / Natalie 9pm - Traditional Hot / Wan	**14** **GOOD FRIDAY HOLIDAY** **NO 6AM CLASS TODAY** 9am - Mukti / Hayley 12pm - Yin / Hayley 3:30pm - Traditional Hot / Wan **NO 5:15PM CLASS TODAY**	**15** 9am - Flow / Natalie 12pm - Traditional Hot / Wan **NO AB BODIES CLASS TODAY** 4pm - Trad Hot Expand / Wan
16 **EASTER SUNDAY** 9am - Mukti - Yvette Noon - Flow / Deandra **NO 4PM CLASS TODAY** **NO 7PM CLASS TODAY**	**17** **EASTER MONDAY** **NO 6AM CLASS TODAY** 9am - Traditional Hot / Joy 12pm - Mukti / Hayley 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core / Yvette **NO 7:15PM &9PM CLASSES**	**18** 9am - Hot Hatha / Yvette 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan **5:15pm - Trad.Hot*/26&2/ Wan** 7:15pm - Flow / Jenny 9pm - Hot Hatha/Val	**19** 6am - Flow / Charlotte 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	**20** 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Char 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	**21** 6am - Hot Hatha / Jenny 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot/Leilani 5:15pm-**KARMA Trad.Hot** Music with Caitlin	**22** 9am - Flow / Charlotte 12pm - Traditional Hot/Charlotte **2PM - Abundant Bodies/1hr** **Heather/Session Fee Applies** 4pm - Trad Hot Expand/Heather
23 9am - Mukti - Trina Noon - Flow / Deandra **4pm - Yin to Kirtan /Joy &** **Charlotte/$5 Extra Fee** 7pm -Trad.Hot Music / Wan	**24** 6am - Traditional Hot / Hayley 9am - Silent Trad.Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Tracey 5:15pm-Trad.Hot Core /Heather 7:15pm - YogaX / Joy 9pm - Trad Hot Music / Wan	**25** 9am - Hot Hatha / Val 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan **5:15pm-Trad.Hot*/26&2/ Wan** 7:15pm - Flow / Hayley 9pm - Hot Hatha/Val	**26** 6am - Flow / Charlotte 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	**27** 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Char 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	**28** 6am - Hot Hatha / Jenny 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot/Hayley 5:15pm-**KARMA** Trad.Hot Music with Hayley	**29** 9am - Flow / Charlotte 12pm - Traditional Hot/Charlotte **2PM - Abundant Bodies/1hr** **Heather/Session Fee Applies** 4pm - Trad Hot Expand/Heather
30 9am - Mukti - Yvette Noon - Flow / Deandra 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan						

Kamloops Hot yoga