

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock - August

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
 KARMA classes are \$5 minimum donation
 Classes in **RED** are not scheduled
 6am Class & Community Class (new teacher) \$10 drop-in
 PURPLE classes are private and/or additional fee

FINAL 07.23.17

		9am - Hot Hatha / Brenna 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Leilani 7PM - Yoga in the Park at McDonald Park with Aimee	9am - Trad.Hot Expand/Leilani 4pm - Hot Hatha / Brenna 6pm - Traditional Hot / Yvette 8pm - Yin / Yvette	9am - Hot Hatha / Brenna 4pm - Yin / Yvette 6pm - Trad.Hot Music /Yvette	BC DAY HOLIDAY WEEKEND 9am - Traditional Hot / Hayley 4pm - Flow / Leilani NO 6PM CLASS TODAY	BC DAY HOLIDAY WEEKEND 10am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin
BC DAY HOLIDAY WKND 10am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin	BC DAY HOLIDAY 9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin NO 6PM & 8PM CLASSES	9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin 6pm - Trad Hot Core / Aimee 7PM - Yoga in the Park at McDonald Park with Charlotte	9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin 6pm - Traditional Hot / Yvette 8pm - Yin / Yvette	9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin 6pm - Trad.Hot Music /Yvette	9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin 6pm - Karma Traditional Hot Music with Caitlin	10am - Traditional Hot / Aimee
10am - Traditional Hot / Aimee 4pm - Gentle Hatha - Tracey	9am - Traditional Hot / Sandy 1PM - PRIVATE CLASS/Michelle 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m/Dwight 8pm - Trad. Hot Music / Aimee	9am - Hot Hatha / Joy 4pm - Traditional Hot / Joy 6pm - Trad Hot Core / Aimee 7PM - Yoga in the Park at McDonald Park with Joy	9am - Trad.Hot EXP / Caitlin 4pm - Hot Hatha / Brenna 6pm - Traditional Hot / Joy 8pm - Yin / Joy	9am - Hot Hatha / Brenna 4pm - Yin / Yvette 6pm - Trad.Hot Music /Yvette	9am - Traditional Hot / Michelle 4pm - Flow / Yvette 6pm - Karma Traditional Hot Music with Aimee	10am - Traditional Hot / Aimee
10am - Traditional Hot / Aimee 4pm - Gentle Hatha - Michelle	9am - Traditional Hot / Sandy 4pm - Mukti Music / Trina 6pm - Trad.Hot/26&2/90m/Dwight 8pm - Trad. Hot Music / Aimee	9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 7PM - Yoga in the Park at McDonald Park with Valerie	9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 6pm - Traditional Hot / Joy 8pm - Yin / Joy	9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm - Trad.Hot Music /Yvette	9am - Traditional Hot / Joy 4pm - Flow / Hayley 6pm-Karma Traditional Hot Music with Hayley	10am - Traditional Hot / Aimee
10am - Traditional Hot / Hayley 4pm - Gentle Hatha - Val	9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/Michelle 4pm - Mukti Music / Sandy 6pm-Trad.Hot/26&2/90m/Dwight 8pm - Trad Hot Music / Aimee	9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 7PM - Yoga in the Park at McDonald Park with Joy	9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 6pm - Traditional Hot / Joy 8pm - Yin / Joy	9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm - Trad.Hot Music /Yvette		