

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Sahali-August

Classes in **GREEN** are not heated  
JKARMA classes are a \$5 min. donation  
Classes in **RED** are not scheduled  
6am Class & Community Class (new teacher) \$10 drop-in  
PURPLE classes are private and/or additional fee

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

250-374-7426

Download the app or visit [www.kamloopshotyoga.com](http://www.kamloopshotyoga.com) for a detailed daily schedule

#6-953 Laval Crescent, Kamloops, BC V2C5P4

FINAL 07.23.17

9am - Hot Hatha / Yvette  
12pm - Hatha / Val  
3:30pm - Trad.Hot Music / Hayley  
5:15pm - Trad.Hot\*/26&2/Dwight  
7:15pm - Flow / Hayley

**1** 6am - Flow / Charlotte  
9am - Trad.Hot EXP/Charlotte  
12pm - Mukti Music / Trina  
3:30pm - Flow / Charlotte  
5:15pm - Mukti / Hayley  
7:15pm - Yin / Hayley  
9pm - Flow / Val

**2** 9am - Traditional Hot - Hayley  
12pm - Hatha / Hayley  
3:30pm - Yoga X / Val  
5:15pm - Trad.Hot/75min/Char  
7:15pm - Flow / Charlotte

**3** BC DAY HOLIDAY WEEKEND  
NO 6AM CLASS TODAY  
9am - Mukti Music / Trina  
12pm - Yin / Hayley  
3:30pm - Traditional Hot/Hayley  
NO 5:15PM CLASS TODAY

**4** BC DAY HOLIDAY WEEKEND  
9am - Flow / Charlotte  
4pm - Trad Hot Expand /Charlotte

**5** BC DAY HOLIDAY WKND  
9am - Mukti / Yvette  
4pm - Yin / Hayley  
NO 7PM CLASS TODAY

**6** BC DAY HOLIDAY  
SAHALI STUDIO CLOSED TODAY  
BROCK STUDIO IS OPEN TODAY

9am - Hot Hatha / Yvette  
12pm - Hatha / Val  
3:30pm - Trad.Hot Music/ Hayley  
5:15pm - Trad.Hot\*/26&2/Dwight  
7:15pm - Flow / Hayley

**7** 6am - Flow / Charlotte  
9am - Trad.Hot EXP/Charlotte  
12pm - Mukti Music / Trina  
3:30pm - Flow / Charlotte  
5:15pm - Mukti / Hayley  
7:15pm - Yin / Hayley  
9pm - Flow / Val

**8** 9am - Traditional Hot / Hayley  
12pm - Hatha / Hayley  
3:30pm - Yoga X / Val  
5:15pm - Trad.Hot/75min/Char  
7:15pm - Flow / Charlotte

**9** 6am - Hot Hatha / Jenny  
9am - Mukti Music / Trina  
12pm - Yin / Trina  
3:30pm - Traditional Hot/Hayley  
5:15pm - KARMA/Traditional Hot  
Music with Hayley

**10** 9am - Flow / Charlotte  
4pm - Trad Hot Expand /Charlotte

**11** 9am - Mukti / Yvette  
4pm - Yin / Donna  
7pm - Trad.Hot Music / Hayley

**12** 6am - Traditional Hot /Hayley  
9am - Traditional Hot / Hayley  
12pm - Mukti / Sandy  
3:30pm - Flow / Brenna  
5:15pm - Trad.Hot Core / Yvette  
7:15pm - Yin to Nidra / Yvette  
9pm - Trad.Hot Music /Joy

9am - Hot Hatha / Yvette  
12pm - Hatha / Brenna  
3:30pm - Trad.Hot Music / Sandy  
5:15pm - Trad.Hot\*/26&2/Dwight  
7:15pm - Flow / Jenny

**13** 6am - Flow / Charlotte  
9am - Trad.Hot Exp/Charlotte  
12pm - Mukti Music / Trina  
3:30pm - Flow / Charlotte  
5:15pm - Mukti / Yvette  
7:15pm - Yin / Yvette  
9pm - Flow / Michelle

**14** 9am - Traditional Hot /Joy  
12pm - Hatha / Joy  
3:30pm - Yoga X / Cassie  
5:15pm - Trad.Hot/75min/Char  
7:15pm - Flow / Charlotte

**15** 6am - Hot Hatha / Deandra  
9am - Mukti Music / Trina  
12pm - Yin / Trina  
3:30pm - Traditional Hot /Joy  
5:15pm - KARMA/Traditional Hot  
Music with Joy

**16** 9am - Flow / Charlotte  
4pm - Trad Hot Expand /Charlotte

**17** 9am - Mukti - Yvette  
4pm - Restorative / Tracey  
7pm - Trad.Hot Music/Dwight

**18** 6am - Traditional Hot / Joy  
9am - Silent Trad.Hot / Joy  
12pm - Mukti / Sandy  
3:30pm - Flow / Brenna  
5:15pm - Trad.Hot Core / Yvette  
7:15pm - Yin / Yvette  
9pm - Trad.Hot Music / Val

9am - Hot Hatha / Yvette  
12pm - Hatha / Joy  
3:30pm - Trad.Hot Music / Hayley  
5:15pm - Trad.Hot\*/26&2/Dwight  
7:15pm - Flow / Hayley

**19** 6am - Flow / Charlotte  
9am - Trad.Hot Exp/Charlotte  
12pm - Mukti Music / Trina  
3:30pm - Flow / Charlotte  
5:15pm - Mukti / Hayley  
7:15pm - Yin / Hayley  
9pm - Flow / Val

**20** 9am - Traditional Hot - Joy  
12pm - Hatha / Joy  
3:30pm - Yoga X / Val  
5:15pm - Trad.Hot/75min/Char  
7:15pm - Flow / Charlotte

**21** 6am - Hot Hatha / Jenny  
9am - Mukti Music/Trina  
12pm - Yin / Joy  
3:30pm - Traditional Hot/Joy  
5:15pm - KARMA Trad.Hot Music  
with Caitlin

**22** 9am - Flow / Charlotte  
4pm - Trad Hot Expand /Charlotte

**23** 9am - Mukti - Yvette  
4pm - Yin / Jenny  
7pm - Trad.Hot Music/Hayley

**24** 6am - Traditional Hot / Joy  
9am - Traditional Hot / Joy  
12pm - Mukti / Sandy  
3:30pm - Flow / Yvette  
5:15pm - Trad.Hot Core / Yvette  
7:15pm - Yin to Meditation/Joy  
9pm - Trad.Hot Music /Joy

9am - Hot Hatha / Yvette  
12pm - Hatha / Brenna  
3:30pm - Trad.Hot Music / Hayley  
5:15pm - Trad.Hot\*/26&2/Dwight  
7:15pm - Flow / Hayley

**25** NO 6AM CLASS TODAY  
9am - Trad.Hot Exp/Charlotte  
12pm - Mukti Music / Yvette  
3:30pm - Flow / Charlotte  
5:15pm - Mukti / Hayley  
7:15pm - Yin / Hayley  
9pm - Flow / Val

**26** 9am - Traditional Hot - Joy  
12pm - Hatha / Joy  
3:30pm - Yoga X / Val  
5:15pm - Trad.Hot/75min/Char  
7:15pm - Flow / Charlotte

**27** 6am - Hot Hatha / Jenny  
9am - Mukti Music/Trina  
12pm - Yin / Joy  
3:30pm - Traditional Hot/Joy  
5:15pm - KARMA Trad.Hot Music  
with Caitlin

**28** 9am - Flow / Charlotte  
4pm - Trad Hot Expand /Charlotte

**29** 9am - Mukti - Yvette  
4pm - Yin / Jenny  
7pm - Trad.Hot Music/Hayley

**30** 6am - Traditional Hot / Joy  
9am - Traditional Hot / Joy  
12pm - Mukti / Sandy  
3:30pm - Flow / Yvette  
5:15pm - Trad.Hot Core / Yvette  
7:15pm - Yin to Meditation/Joy  
9pm - Trad.Hot Music /Joy

9am - Hot Hatha / Yvette  
12pm - Hatha / Brenna  
3:30pm - Trad.Hot Music / Hayley  
5:15pm - Trad.Hot\*/26&2/Dwight  
7:15pm - Flow / Hayley

**31** NO 6AM CLASS TODAY  
9am - Trad.Hot Exp/Charlotte  
12pm - Mukti Music / Yvette  
3:30pm - Flow / Charlotte  
5:15pm - Mukti / Hayley  
7:15pm - Yin / Hayley  
9pm - Flow / Val

**32** 9am - Traditional Hot - Joy  
12pm - Hatha / Joy  
3:30pm - Yoga X / Val  
5:15pm - Trad.Hot/75min/Char  
7:15pm - Flow / Charlotte

**33** 6am - Hot Hatha / Jenny  
9am - Mukti Music/Trina  
12pm - Yin / Joy  
3:30pm - Traditional Hot/Joy  
5:15pm - KARMA Trad.Hot Music  
with Caitlin

**34** 9am - Flow / Charlotte  
4pm - Trad Hot Expand /Charlotte

**35** 9am - Mukti - Yvette  
4pm - Yin / Jenny  
7pm - Trad.Hot Music/Hayley

**36** 6am - Traditional Hot / Joy  
9am - Traditional Hot / Joy  
12pm - Mukti / Sandy  
3:30pm - Flow / Yvette  
5:15pm - Trad.Hot Core / Yvette  
7:15pm - Yin to Meditation/Joy  
9pm - Trad.Hot Music /Joy