

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock - December

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: none in Brock

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

DRAFT 11.24.16

				9am - Hot Hatha / Hayley 1	9am - Traditional Hot/Joy 2	10am - Traditional Hot / Aimee 3 Noon - Kids Yoga / 3 to 10 yrs with Aimee
				4pm - Yin / Trina 6pm-Trad Hot Music/Heather 8pm - Trad.Hot Music /Hayley	4pm - Trad.Hot Expand / Hayley 6pm-Karma Trad.Hot Music/Aimee	4pm - Yin / 1hr / Yvette
4	5	6	7	8	9	10
10am - Traditional Hot / Wan 4pm-Trad.Hot Expand/Heather	9am - Traditional Hot / Hayley 4pm - Mukti Music / Trina 6pm - Traditional Hot / Wan 8pm - Trad Hot Music / Aimee	9am - Hot Hatha /Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Trad Hot Music / Hayley	9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Yin /Joy	9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm -Trad.Hot Music/Heather 8pm - Trad.Hot Music /Hayley	9am - Silent Trad.Hot / Joy 4pm - Trad.Hot Expand / Hayley 6pm - Karma Trad.Hot Music/Wan	10am - Traditional Hot / Caitlin Noon - Kids Yoga / 3 to 10 yrs with Aimee 4pm - Yin / Live Music/Yvette
11	12	13	14	15	16	17
10am - Traditional Hot / Wan 4pm-Trad.Hot Expand/Heather	9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/Heather 4pm - Mukti Music / Trina 6pm - Traditional Hot / Wan 8pm - Trad Hot Music / Aimee	9am - Hot Hatha/Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Trad Hot Music / Hayley	9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X /Joy 8pm - Yin / Joy	9am - Hot Hatha / Hayley 4pm - Yin / Trina 6pm -Trad.Hot Music/Heather 8pm - Trad.Hot Music /Hayley	9am - Traditional Hot / Joy 4pm - Trad.Hot Expand / Hayley 6pm-Karma Trad.Hot Music/Aimee	OM for the Holidays All Classes \$5 Donation 10am - Trad. Hot / Aimee Noon - FAMILY CLASS / Aimee 4pm - Yin / 1hr/ Yvette
18	19	20	21	22	23	24
OM for the Holidays All Classes \$5 Donation 10am - Traditional Hot / Wan 4pm-Trad.Hot Expand/Heather	9am - Traditional Hot / Hayley 4pm - Mukti Music / Trina 6pm - Traditional Hot / Wan No 8PM Class Today	9am - Hot Hatha / Yvette 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee No 8PM Class Today	9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Hayley 6pm - Yoga X /Hayley No 8PM Class Today	9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm -Trad.Hot Music/Heather No 8PM Class Today	9am - Silent Trad.Hot / Joy 4pm - Trad.Hot Expand / Hayley 6pm-Karma Trad.Hot Music/Hayley	Christmas Eve 10am - Trad. Hot / Aimee Noon - No Kids Yoga Today No 4PM Class Today
25	26	27	28	29	30	31
Christmas Day Holiday STUDIO CLOSED	Boxing Day Holiday 9am - Traditional Hot / Hayley No 4PM Class Today No 6PM Class Today No 8PM Class Today	9am - Hot Hatha / Yvette 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee No 8PM Class Today	9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X /Yvette No 8PM Class Today	9am - Hot Hatha / Hayley 4pm - Yin / Trina 6pm -Trad.Hot Music/Heather No 8PM Class Today	9am - Traditional Hot / Joy 4pm - Trad.Hot Expand / Hayley 6pm-Karma Trad.Hot Music/Aimee	New Year's Eve 10am - Trad. Hot / Aimee Noon - No Kids Yoga Today 4pm - Yin to Nidra / Yvette