

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: 4pm, 5:30pm, 7pm & Private Classes
75 mins: 9am & 10am

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 11.08.17

					9am - Silent Trad. Hot / Joy 1	10am - Traditional Hot / Aimee 2
					4pm - Hot Hatha / Brenna 5:30pm - Karma Traditional Hot Music / 1hr with Aimee	4PM - Yin / Rose
3	9am - Mukti / Rose 4	9am - Hot Hatha / Joy 5	9am - Trad.Hot EXP / Leilani 6	9am - Hot Hatha / Joy 7	9am - Traditional Hot / Joy 8	10am - Traditional Hot / Aimee 9
10am - Traditional Hot / Wan 4pm - Gentle Hatha - Val	4pm - Mukti Music / Sandy 5:30pm - Traditional Hot/1hr/ Wan 7pm - Trad.Hot Music /1hr/Aimee	4pm - Traditional Hot / Sandy 5:30pm -Traditional Hot Core 1hr with Aimee	4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Hayley 7pm - Yin / 1hr/ Hayley	4pm - Yin / Yvette 5:30pm - Trad. Hot / 1hr / Wan 7PM-Abundant Bodies / 1hr with Michelle	4pm - Hot Hatha / Leilani 5:30pm -Karma Traditional Hot Music / 1hr with Caitlin	4PM - Yin / Rose
10	9am - Mukti / Rose 11	9am - Hot Hatha / Joy 12	9am - Trad.Hot EXP / Wan 13	9am - Hot Hatha / Joy 14	9am - Silent Trad. Hot / Joy 15	10am - Traditional Hot /Aimee 16
10am - Traditional Hot / Wan 4pm - Gentle Hatha - Val	1pm - Private Class / Michelle 4pm - Mukti Music / Sandy 5:30pm - Traditional Hot/1hr/ Wan 7pm - Trad.Hot Music /1hr/Aimee	4pm - Traditional Hot / Caitlin 5:30pm -Traditional Hot Core 1hr with Aimee	4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Hayley 7pm - Yin / 1hr/ Hayley	4pm - Yin / Yvette 5:30pm - Trad. Hot / 1hr / Wan 7PM-Abundant Bodies / 1hr with Michelle	4pm - Hot Hatha / Brenna 5:30pm -Karma Traditional Hot Music / 1hr with Caitlin	4PM - Yin / Brenna
17	9am - Mukti / Rose 18	9am - Hot Hatha / Joy 19	9am - Trad.Hot EXP / Leilani 20	9am - Hot Hatha / Val 21	9am - Traditional Hot / Wan 22	10am - Traditional Hot /Aimee 23
10am - Traditional Hot / Wan 4PM - Gentle Hatha - Val	4pm - Mukti Music / Sandy 5:30pm - Traditional Hot/1hr/ Wan 7pm - Trad.Hot Music /1hr/Aimee	4pm - Traditional Hot / Leilani 5:30pm -Traditional Hot Core 1hr with Aimee	4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Hayley 7pm - Yin / 1hr/ Hayley	4pm - Yin / Yvette 5:30pm -Trad. Hot/1hr/ Yvette 7PM-Abundant Bodies / 1hr with Michelle	4pm - Hot Hatha / Leilani 5:30pm -Karma Traditional Hot Music / 1hr / with Aimee	4PM - Yin / Brenna OM FOR THE HOLIDAYS
24	25	26	27	28	29	30
CHRISTMAS EVE OM FOR THE HOLIDAYS 10am - Traditional Hot / Wan NO 4PM CLASS TODAY NEW YEAR'S EVE	CHRISTMAS DAY HOLIDAY STUDIO CLOSED TODAY	BOXING DAY HOLIDAY BROCK STUDIO CLOSED TODAY SAHALI STUDIO IS OPEN TODAY!	9am - Trad.Hot EXP / Hayley 4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Yvette NO 7PM CLASS TODAY	9am - Hot Hatha / Val 4pm - Yin / Yvette 5:30pm - Trad. Hot/1hr/Yvette NO 7PM AB CLASS TODAY	9am - Traditional Hot / Wan 4pm - Hot Hatha / Leilani 5:30pm -Karma Traditional Hot Music / 1hr / with Aimee	10am - Traditional Hot /Aimee 4PM - Yin / Rose
31						
10am - Traditional Hot / Wan NO 4PM CLASS TODAY						