

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Sahali - December

**CLASS LENGTH**

**1 hour:** 12pm, 3:30pm, 4pm Sat, 7pm, 9pm  
**75 mins:** 6am, 9am, 5:15pm, 7:15pm, 4pm Sun

Classes in **GREEN** are not heated  
KARMA 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

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

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

FINAL 11.23.17						
					6am - Mukti / Hayley <b>1</b> 9am - Mukti Music / Hayley 12pm - Yin / Jenny 3:30pm - Mukti / Rose 5:15pm-KARMA/Mukti Music with Rose	<b>2</b> 9am - Flow / Rose Noon - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan
9am - Mukti / Rose <b>3</b> Noon - Flow / Rose 4pm - Yin / Rose 7pm-Trad.Hot Music / Wan	6am - Traditional Hot /Hayley <b>4</b> 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core / Yvette 7:15pm-Yin with Live Music/ Yvette (No Extra Charge) 9pm - Trad.Hot Music / Wan	9am - Hot Hatha / Yvette <b>5</b> 12pm - Hatha/ Joy 3:30pm - Trad.Hot Music / Wan 5:15pm - Traditional Hot / Wan 7:15pm - Flow / Hayley 9pm - Traditional Hot / Hayley	6am - Flow / Jenny <b>6</b> 9am - Trad.Hot EXPAND /Joy 12pm - Trad Hot Music /Joy 3:30pm - Flow / Brenna 5:15pm -Mukti EXPAND/Rose 7:15pm - Yin / Rose 9pm - Traditional Hot / Wan	9am -Traditional Hot / Wan <b>7</b> 12pm - Hatha / Joy 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Val 9pm - Traditional Hot / Hayley	6am - Mukti / Rose <b>8</b> 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm -Traditional Hot/Hayley 5:15pm-KARMA/Traditional Hot Music with Hayley	9am - Flow / Rose Noon - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan
9am - Mukti / Rose <b>10</b> Noon - Flow / Rose 4pm -Yin Expand/90min/Rose 7pm-Trad.Hot Music / Wan	6am - Traditional Hot /Hayley <b>11</b> 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core / Yvette 7:15pm - Yin to Nidra / Yvette 9pm - Trad.Hot Music / Wan	9am - Hot Hatha / Yvette <b>12</b> 12pm - Hatha / Joy 3:30pm - Trad.Hot Music / Wan 5:15pm - Traditional Hot / Wan 7:15pm - Flow / Hayley 9pm - Traditional Hot / Hayley	6am - Flow / Jenny <b>13</b> 9am - Silent Trad.Hot /Joy 12pm - Trad Hot Music /Joy 3:30pm - Flow / Brenna 5:15pm - Mukti / Rose 7:15pm - Yin / Rose 9pm - Traditional Hot / Wan	9am -Traditional Hot / Wan <b>14</b> 12pm - Hatha / Joy 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Val 9pm - Traditional Hot / Hayley	6am - Mukti / Rose <b>15</b> 9am - Mukti Music / Rose 12pm - Silent Yin / Joy 3:30pm -Traditional Hot /Hayley 5:15pm-KARMA/Traditional Hot Music with Hayley	9am - Flow / Rose Noon - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan
9am - Mukti / Rose <b>17</b> Noon - Flow / Rose 4pm - Yin / Rose 7pm-Trad.Hot Music / Wan	6am - Traditional Hot / Hayley <b>18</b> 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core / Yvette 7:15pm - Yin / Yvette 9pm - Trad.Hot Music / Wan	9am - Hot Hatha / Yvette <b>19</b> 12pm - Hatha / Joy 3:30pm - Trad.Hot Music / Wan 5:15pm - Traditional Hot / Wan 7:15pm - Flow / Hayley 9pm - Traditional Hot / Hayley	6am - Flow / Jenny <b>20</b> 9am - Trad.Hot EXPAND /Joy 12pm - Trad Hot Music /Joy 3:30pm - Flow / Brenna 5:15pm -Mukti EXPAND/Rose 7:15pm - Yin / Rose 9pm - Traditional Hot / Wan	9am -Traditional Hot /Leilani <b>21</b> 12pm - Hatha / Leilani 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Kristin 9pm - Traditional Hot / Hayley	6am - Mukti / Rose <b>22</b> 9am - Mukti Music / Rose 12pm - Yin / Brenna 3:30pm -Traditional Hot/Brenna 5:15pm-KARMA Traditional Hot Music with Wan	<b>OM FOR THE HOLIDAYS</b> 9am - Flow / Rose Noon - Traditional Hot / Hayley 4pm - Trad Hot Expand / Hayley
<b>CHRISTMAS EVE</b> <b>24</b> 9am - Mukti / Yvette Noon - Flow / Kristin <b>OM FOR THE HOLIDAYS</b> <b>NEW YEAR'S EVE</b> <b>31</b> 9am - Mukti / Rose Noon - Flow / Rose 4pm - Yin / Rose	<b>CHRISTMAS DAY HOLIDAY</b> <b>STUDIO CLOSED TODAY</b>	<b>BOXING DAY HOLIDAY</b> <b>26</b> 9am - Hot Hatha / Yvette 12pm - Flow / Hayley 3:30pm - Trad.Hot Music/ Wan <b>NO 5:15PM CLASS TODAY</b> <b>NO 7PM CLASS TODAY</b> <b>NO 9PM CLASS TODAY</b>	<b>NO 6AM CLASS TODAY</b> <b>27</b> 9am - Trad.Hot Expand/ Wan 12pm - Trad Hot Music /Wan 3:30pm - Flow / Brenna 5:15pm - Mukti / Rose 7:15pm - Yin / Rose <b>NO 9PM CLASS TODAY</b>	<b>28</b> 9am -Traditional Hot /Leilani 12pm - Hatha / Leilani 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Kristin <b>NO 9PM CLASS TODAY</b>	<b>NO 6AM CLASS TODAY</b> <b>29</b> 9am - Mukti Music / Rose 12pm - Yin / Brenna 3:30pm -Traditional Hot/Brenna 5:15pm-KARMA Traditional Hot Music with Wan	<b>30</b> 9am - Flow / Rose Noon - Traditional Hot / Hayley 4pm - Trad Hot Expand / Hayley