

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock - February

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
 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

Final 012617						
			1 9am - Trad.Hot Expand/Wan 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	2 9am - Hot Hatha / Hayley 4pm - Yin / Yvette 5pm-Trad Hot Music/Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	3 9am - Traditional Hot/Joy 4pm - Trad.Hot Expand / Wan 6pm-Karma Trad.Hot Music/Aimee	4 10am - Traditional Hot / Aimee Noon - Kids Yoga / 3 to 10 yrs with Aimee 4pm-Yin /1hr / Yvette
30 Day Challenge Ends 5 10am - Traditional Hot / Wan 12PM to 1:30 - BEYOND YOGA BASICS CLASS WITH JOY 2PM - Abundant Bodies/1hr Heather/Session Fee Applies 4pm-Trad.Hot Expand/Heather	6 9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/VAL 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	7 9am - Hot Hatha / Joy 4pm - Traditional Hot / Sandy 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	8 9am - Trad.Hot Expand/Wan 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	9 9am - Hot Hatha / Hayley 4pm - Yin / Hayley 6pm - Trad.Hot Music/Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	10 9am - Silent Traditional Hot/Joy 4pm - Trad.Hot Expand / Wan 6pm - Karma Trad.Hot Music/Wan	11 10am - Traditional Hot / Aimee Noon - Kids Yoga/3 to 10 yrs with Aimee 4pm - Yin to Nidra / Yvette
12 10am - Traditional Hot / Wan 2PM - Abundant Bodies / 1hr Heather/Session Fee Applies 4pm-Trad.Hot Expand/Heather	FAMILY DAY HOLIDAY 13 9am - Traditional Hot / Hayley Noon - FAMILY CLASS / Aimee 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m/Wan No 8PM Class Today	14 9am - Hot Hatha/Joy 4pm - Traditional Hot / Sandy 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	15 9am - Trad.Hot Expand/Wan 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	16 9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm - Trad.Hot Music/Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	17 9am - Traditional Hot / Joy 4pm - Trad.Hot Expand / Wan 6pm-Karma Trad.Hot Music/Aimee 4pm - Yin / Hayley	18 10am - Traditional Hot / Aimee Noon - Kids Yoga/3 to 10 yrs with Aimee 4pm - Yin / Hayley
19 10am - Traditional Hot / Wan 2PM - Abundant Bodies / 1hr Heather/Session Fee Applies 4pm-Trad.Hot Expand/Heather 7PM - 9:30PM - Yoga & Self Care/Deandra/ExtraFee Applies	20 9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/VAL 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	21 9am - Hot Hatha / Joy 4pm - Traditional Hot / Sandy 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	22 9am - Trad.Hot Expand/Wan 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	23 9am - Hot Hatha / Hayley 4pm - Yin / Hayley 6pm - Trad.Hot Music/Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	24 9am - Traditional Hot / Joy 4pm - Trad.Hot Expand / Wan 6pm-Karma Trad.Hot Music/Wan	25 10am - Traditional Hot / Aimee Noon - Kids Yoga / 3 to 10 yrs with Aimee 4pm - Yin to Nidra/1hr / Yvette
26 10am - Traditional Hot / Wan 2PM - Abundant Bodies/1hr Heather/Session Fee Applies 4pm-Trad.Hot Expand/Heather	27 9am - Traditional Hot / Hayley 4pm - Mukti Music / Sandy 6pm-Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	28 9am - Hot Hatha / Joy 4pm - Traditional Hot / Sandy 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley				