

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali - January

CLASS LENGTH

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

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

Download the app or visit www.kamloopshotyoga.com for a detailed daily schedule

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

Revised-FINAL
12.13.16

1
NEW YEARS DAY HOLIDAY
STUDIO CLOSED TODAY

2
NO 6AM CLASS TODAY

3
9am - Hot Hatha / Yvette
12pm - Yoga X / Joy
3:30pm - Trad.Hot Music/ Wan
5:15pm - Trad.Hot*/26&2/Wan
7:15pm - Flow / Yvette
9pm - Hot Hatha / Val

4
6am - Flow / Charlotte
9am - Flow / Charlotte
12pm - Traditional Hot / Wan
3:30pm - Flow / Charlotte
5:15pm - Mukti / Trina
7:15pm - Yin / Hayley
9pm - Flow / Hayley

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

6
6am - Hot Hatha / Jenny
9am - Mukti / Trina
12pm - Yin / Joy
1PM - PRIVATE CLASS/HAYLEY
3:30pm - Traditional Hot / Sand
5:15pm - KARMA/Trad.Hot/War
7pm - Teen YogaX / Hailey

7
30/60 DAY CHALLENGE BEGINS
9am - Flow / Charlotte
12pm - Traditional Hot/Charlotte
1:30pm - Nidra/75min/Yvette
Session Fee Applies
4pm - Trad Hot Expand/Heather

8
9am - Mukti / Yvette
Noon - Flow / Deandra
2PM -Pre-Natal/75min
Vanessa/Session Fee Applies
4pm - Yin / 75min/ Joy
7pm -Trad.Hot Music / Wan

9
6am - Traditional Hot / Hayley
9am - Traditional Hot / Sandy
12pm - Mukti / Sandy
3:30pm - Flow / Yvette
5:15pm -Trad.Hot Core / Yvette
7:15pm - Yin / Natalie
9pm - Trad Hot Music / Wan

10
9am - Hot Hatha / Yvette
12pm - Yoga X / Joy
3:30pm - Trad.Hot Music/ Wan
5:15pm - Trad.Hot*/26&2/Wan
7:15pm - Flow / Yvette
9pm - Hot Hatha / Val

11
6am - Flow / Charlotte
9am - Flow / Charlotte
12pm - Traditional Hot / Wan
3:30pm - Flow / Charlotte
5:15pm - Mukti / Trina
7:15pm - Yin / Hayley
9pm - Flow / Hayley

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

13
6am - Hot Hatha / Jenny
9am - Mukti / Trina
12pm - Yin / Joy
3:30pm - Traditional Hot / Sandy
5:15pm - KARMA Trad.Hot Music
w/ Caitlin
7pm - Teen YogaX / Hailey

14
9am - Flow / Charlotte
12pm - Traditional Hot/Charlotte
1:30pm - Nidra/75min/Yvette
Session Fee Applies
4pm - Trad Hot Expand/Heather

15
9am - Mukti - Trina
Noon - Flow / Deandra
2PM -Pre-Natal/75min
Vanessa/Session Fee Applies
4pm - Restorative/75min
w/Jenny
7pm -Trad.Hot Music / Wan

16
6am - Traditional Hot / Hayley
9am - Traditional Hot / Hayley
12pm - Mukti / Sandy
3:30pm - Flow / Natalie
5:15pm -Trad.Hot Core / Joy
7:15pm - Yin / Joy
9pm - Trad Hot Music / Wan

17
9am - Hot Hatha / Val
12pm - Yoga X / Joy
3:30pm - Trad.Hot Music/ Wan
5:15pm - Trad.Hot*/26&2/ Wan
7:15pm - Flow / Jenny
9pm - Hot Hatha / Val

18
6am - Flow / Charlotte
9am - Flow / Charlotte
12pm - Traditional Hot / Wan
3:30pm - Flow / Charlotte
5:15pm - Mukti / Trina
7:15pm - Yin / Hayley
9pm - Flow / Hayley

19
9am - Traditional Hot - Wan
12pm - Hatha / Joy
3:30pm - Yoga X / Joy
5:15pm-Trad.Hot Expand*Char
7:15pm - Flow / Charlotte
9pm - Traditional Hot / Wan

20
6am - Hot Hatha / Jenny
9am - Mukti / Trina
12pm - Yin / Joy
3:30pm - Traditional Hot / Sandy
5:15pm - KARMA Trad.Hot Music
w/ Caitlin
7pm - Teen YogaX / Hailey

21
9am - Flow / Charlotte
12pm - Traditional Hot/Charlotte
1:30pm - Nidra/75min/Yvette
Session Fee Applies
4pm - Trad Hot Expand/Heather

22
9am - Mukti - Yvette
Noon - Flow / Deandra
2PM -Pre-Natal/75min
Vanessa/Session Fee Applies
4pm - Live Music Yin/Natalie
with Deandra & Tim/\$5
7pm -Trad.Hot Music / Wan

23
6am - Traditional Hot / Hayley
9am - Traditional Hot / Joy
12pm - Mukti / Trina
3:30pm - Flow / Yvette
5:15pm -Trad.Hot Core /Yvette
7:15pm - Yin / Joy
9pm - Trad Hot Music / Wan

24
9am - Hot Hatha / Yvette
12pm - Yoga X / Joy
3:30pm - Trad.Hot Music/ Wan
5:15pm - Trad.Hot*/26&2/ Wan
7:15pm - Flow / Yvette
9pm - Hot Hatha / Val

25
6am - Flow / Charlotte
9am - Flow / Charlotte
12pm - Traditional Hot / Wan
3:30pm - Flow / Charlotte
5:15pm - Mukti / Trina
7:15pm - Yin / Hayley
9pm - Flow / Hayley

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

27
6am - Hot Hatha / Jenny
9am - Mukti / Trina
12pm - Yin / Joy
3:30pm - Traditional Hot/Wan
5:15pm - KARMA Trad.Hot Music
w/Caitlin
7pm - Teen YogaX / Hailey

28
9am - Flow / Charlotte
12pm - Traditional Hot/Charlotte
1:30pm - Nidra/75min/Yvette
Session Fee Applies
4pm - Trad Hot Expand/Heather

29
9am - Mukti - Yvette
Noon - Flow / Yvette
2PM -Pre-Natal/75min
Vanessa/Session Fee Applies
4pm - Yin / Hayley
7pm -Trad.Hot Music / Wan

30
6am - Trad.Hot / Hayley
9am - Silent Trad.Hot / Joy
12pm - Mukti / Trina
3:30pm - Flow / Yvette
5:15pm -Trad.Hot Core /Yvette
7:15pm - Yin / Joy
9pm - Trad Hot Music / Wan

31
9am - Hot Hatha / Yvette
12pm - Yoga X / Joy
3:30pm - Trad.Hot Music/ Wan
5:15pm - Trad.Hot*/26&2/ Wan
7:15pm - Flow / Yvette
9pm - Hot Hatha / Val