

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Sahali - July

Classes in **GREEN** are not heated  
JKARMA 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

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

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 06.08.17						<b>CANADA DAY HOLIDAY WKND</b> <b>SAHALI STUDIO CLOSED</b> <b>BROCK STUDIO OPEN TODAY</b>
<b>2</b> <b>CANADA DAY HOLIDAY WKND</b> 9am - Mukti / Yvette <b>NO NOON CLASS TODAY</b> 4pm - Yin / Wan <b>NO 7PM CLASS TODAY</b>	<b>3</b> <b>CANADA DAY HOLIDAY WKND</b> <b>NO 6AM CLASS TODAY</b> 9am - Traditional Hot / Hayley <b>NO NOON CLASS TODAY</b> <b>NO 3:30PM &amp; 9PM CLASS TODAY</b> 5:15pm - Trad.Hot Core / Yvette <b>7:15pm - Yin / Yvette</b>	<b>4</b> 9am - Hot Hatha / Yvette <b>12pm - Hatha / Joy</b> 3:30pm - Trad.Hot Music/ Wan <b>5:15pm-Trad.Hot*/26&amp;2 /Wan</b> 7:15pm - Flow / Hayley	<b>5</b> <b>6am - Flow / Val</b> 9am - Trad.Hot Expand /Wan 12pm - Traditional Hot / Wan 3:30pm - Flow / Brenna 5:15pm - Hot Hatha / Yvette <b>7:15pm - Yin / Hayley</b> 9pm - Flow / Hayley	<b>6</b> 9am - Traditional Hot - Wan <b>12pm - Hatha / Joy</b> 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot/75min/Hayley 7:15pm - Flow / Brenna	<b>7</b> <b>6am - Hot Hatha / Jenny</b> 9am - Mukti Music / Joy <b>12pm - Yin / Joy</b> 3:30pm-Traditional Hot/ Hayley <b>5:15pm-KARMA/Traditional Hot Music with Hayley</b>	<b>8</b> 9am - Flow / Val 12pm - Traditional Hot / Wan 4pm - Trad Hot Expand / Caitlin
9am - Mukti / Yvette Noon - Flow / Natalie 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan	<b>9</b> <b>6am - Traditional Hot/Hayley</b> 9am - Silent Traditional Hot/Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core /Yvette <b>7:15pm - Yin / Joy</b> 9pm - Trad Hot Music / Wan	<b>10</b> 9am - Hot Hatha / Yvette <b>12pm - Hatha / Val</b> 3:30pm - Trad.Hot Music/ Wan <b>5:15pm-Trad.Hot*/26&amp;2 /Wan</b> 7:15pm - Flow / Hayley	<b>11</b> <b>6am - Flow / Val</b> 9am - Trad.Hot Expand /Wan 12pm - Traditional Hot / Wan 3:30pm - Flow / Brenna 5:15pm - Hot Hatha/ Michelle <b>7:15pm - Yin / Hayley</b> 9pm - Flow / Hayley	<b>12</b> 9am-Traditional Hot/Wan <b>12pm - Hatha / Joy</b> 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot/75min/Wan 7:15pm - Flow / Val	<b>13</b> <b>6am - Hot Hatha / Jenny</b> 9am - Mukti Music / Hayley <b>12pm - Yin / Joy</b> 3:30pm-Traditional Hot / Wan <b>5:15pm-KARMA/Traditional Hot Music with Wan</b>	<b>14</b> 9am - Flow / Val 12pm - Traditional Hot / Wan 4pm - Trad Hot Expand / Heather
<b>15</b> 9am - Mukti / Yvette Noon - Flow / Hayley 4pm - Yin / Donna 7pm -Trad.Hot Music / Wan	<b>16</b> <b>6am - Traditional Hot /Joy</b> 9am - Silent Trad.Hot / Joy 12pm - Mukti / Hayley 3:30pm - Flow / Hayley 5:15pm -Trad.Hot Core / Yvette <b>7:15pm - Yin / Yvette</b> 9pm - Trad Hot Music / Wan	<b>17</b> 9am - Hot Hatha / Yvette <b>12pm - Hatha / Joy</b> 3:30pm - Trad.Hot Music/ Wan <b>5:15pm - Trad.Hot*/26&amp;2/ Wan</b> 7:15pm - Flow / Hayley	<b>18</b> <b>6am - Flow / Charlotte</b> 9am - Trad.Hot Exp/Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Hot Hatha / Val <b>7:15pm - Yin / Hayley</b> 9pm - Flow / Hayley	<b>19</b> 9am - Traditional Hot - Wan <b>12pm - Hatha / Joy</b> 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot/75min/Char 7:15pm - Flow / Charlotte	<b>20</b> <b>6am - Hot Hatha / Jenny</b> 9am - Mukti Music / Trina <b>12pm - Yin / Joy</b> 3:30pm-Traditional Hot/Heather <b>5:15pm-KARMA/Traditional Hot Music with Heather</b>	<b>21</b> 9am - Flow / Charlotte 12pm - Traditional Hot/Charlotte 4pm - Trad Hot Expand / Wan
<b>22</b> 9am - Mukti - Yvette Noon - Flow / Val 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan	<b>23</b> <b>6am - Traditional Hot / Joy</b> 9am - Traditional Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core / Yvette <b>7:15pm - Yin to Nidra / Yvette</b> 9pm - Trad Hot Music / Wan	<b>24</b> 9am - Hot Hatha / Yvette <b>12pm - Hatha / Joy</b> 3:30pm - Trad.Hot Music/ Wan <b>5:15pm-Trad.Hot*/26&amp;2/Dwight</b> 7:15pm - Flow / Jenny	<b>25</b> <b>6am - Flow / Charlotte</b> 9am - Trad.Hot Exp/Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Hot Hatha / Val <b>7:15pm - Yin / Jenny</b> 9pm - Flow / Jenny	<b>26</b> 9am - Traditional Hot - Wan <b>12pm - Hatha / Joy</b> 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot/75min/Char 7:15pm - Flow / Charlotte	<b>27</b> <b>6am - Hot Hatha / Jenny</b> 9am - Mukti Music/ Trina <b>12pm - Yin / Trina</b> 3:30pm - Traditional Hot / Wan <b>5:15pm-KARMA Trad.Hot Music with Wan</b>	<b>28</b> 9am - Flow / Charlotte 12pm - Traditional Hot/Charlotte 4pm - Trad Hot Expand / Wan
<b>29</b> 9am - Mukti - Yvette Noon - Flow / Hayley 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan	<b>30</b> <b>6am - Traditional Hot / Hayley</b> 9am - Traditional Hot / Hayley 12pm - Mukti / Sandy 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core / Yvette <b>7:15pm - Yin / Yvette</b> 9pm - Trad Hot Music / Wan	<b>31</b> 9am - Hot Hatha / Yvette <b>12pm - Hatha / Joy</b> 3:30pm - Trad.Hot Music/ Wan <b>5:15pm-Trad.Hot*/26&amp;2/Dwight</b> 7:15pm - Flow / Jenny	<b>32</b> <b>6am - Flow / Charlotte</b> 9am - Trad.Hot Exp/Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Hot Hatha / Val <b>7:15pm - Yin / Jenny</b> 9pm - Flow / Jenny	<b>33</b> 9am - Traditional Hot - Wan <b>12pm - Hatha / Joy</b> 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot/75min/Char 7:15pm - Flow / Charlotte	<b>34</b> <b>6am - Hot Hatha / Jenny</b> 9am - Mukti Music/ Trina <b>12pm - Yin / Trina</b> 3:30pm - Traditional Hot / Wan <b>5:15pm-KARMA Trad.Hot Music with Wan</b>	<b>35</b> 9am - Flow / Charlotte 12pm - Traditional Hot/Charlotte 4pm - Trad Hot Expand / Wan