

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Brock - June

Download the app or visit [www.kamloopshotyoga.com](http://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  
 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 05.23.17

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|  |    |  |    | 9am - Hot Hatha / Hayley<br>4pm - Yin / Yvette<br>6pm - Trad.Hot Music /Heather<br>7:30PM - Abundant Bodies/1hr<br>Heather/Session Fee Applies | 1  | 2<br>8:30AM - Bike to Work/Riverside<br>Park Bandshell with Jenny<br>10am - Traditional Hot / Aimee<br>Noon - National Health & Fitness<br>Day Yoga @ McDonald Park<br>with Aimee<br>4pm - Yin / 1hr / Wan | 3  |   |    |  |    |  |    |
| 10am - Traditional Hot / Wan<br>4pm-Trad.Hot Expand/Heather            | 4  | 9am - Traditional Hot / Hayley<br>1PM - PRIVATE CLASS/Michelle<br>4pm - Mukti Music / Trina<br>6pm-Trad.Hot/26&2/90m/Wan<br>8pm - Trad. Hot Music / Aimee  | 5  | 9am - Hot Hatha / Joy<br>4pm - Traditional Hot / Leilani<br>6pm - Trad Hot Core / Aimee  | 6  | 9am - Trad.Hot Expand/Leilani<br>4pm - Hot Hatha / Yvette<br>6pm - Traditional Hot / Joy<br>8pm - Yin /Joy   | 7  | 9am - Hot Hatha / Hayley<br>4pm - Yin / Yvette<br>6pm - Trad.Hot Music /Heather<br>7:30PM - Abundant Bodies/1hr<br>Heather/Session Fee Applies                        | 8  | 9am - Traditional Hot / Joy<br>4pm - Flow / Leilani<br>6pm - Karma Traditional Hot<br>Music with Heather                 | 9  | 10am - Hot Hatha / Kristin<br>4pm - Warm Hatha Vinyasa<br>with Kristin | 10 |
| 10am - Hot Hatha / Kristin<br>4pm - Warm Hatha Vinyasa<br>with Kristin | 11 | 9am - Hot Hatha / Kristin<br>4pm - Warm Hatha Vinyasa<br>with Kristin<br>6pm-Trad.Hot/26&2/90m/Wan<br>8pm - Trad. Hot Music / Aimee                        | 12 | 9am - Hot Hatha / Kristin<br>4pm - Warm Hatha Vinyasa<br>with Kristin<br>6pm - Trad Hot Core / Aimee   | 13 | 9am - Hot Hatha / Kristin<br>4pm - Warm Hatha Vinyasa<br>with Kristin<br>6pm - Traditional Hot /Joy<br>8pm - Yin / Joy   | 14 | 9am - Hot Hatha / Kristin<br>4pm - Warm Hatha Vinyasa<br>with Kristin<br>6pm - Trad.Hot Music /Heather<br>7:30PM - Abundant Bodies/1hr<br>Heather/Session Fee Applies | 15 | 9am - Hot Hatha / Kristin<br>4pm - Warm Hatha Vinyasa<br>with Kristin<br>6pm - Karma Traditional Hot<br>Music with Aimee | 16 | 10am - Traditional Hot / Aimee<br>4pm - Yin to Nidra/1hr / Yvette      | 17 |
| 10am - Traditional Hot / Wan<br>4pm-Trad.Hot Expand/Heather            | 18 | 9am - Traditional Hot / Leilani<br>1PM - PRIVATE CLASS/Michelle<br>4pm - Mukti Music / Trina<br>6pm-Trad.Hot/26&2/90m/Wan<br>8pm - Trad. Hot Music / Aimee | 19 | 9am - Hot Hatha / Joy<br>4pm - Traditional Hot / Leilani<br>6pm - Trad Hot Core / Aimee  | 20 | 9am - Trad.Hot Expand/Leilani<br>4pm - Hot Hatha / Yvette<br>6pm - Traditional Hot / Joy<br>8pm - Yin /Joy   | 21 | 9am - Hot Hatha / Hayley<br>4pm - Yin / Yvette<br>6pm - Trad.Hot Music /Heather<br>7:30PM - Abundant Bodies/1hr<br>Heather/Session Fee Applies                        | 22 | 9am - Traditional Hot / Joy<br>4pm - Flow / Hayley<br>6pm-Karma Traditional Hot<br>Music with Hayley                     | 23 | 10am - Traditional Hot / Aimee<br>4pm - Yin / 1hr / Yvette             | 24 |
| 10am - Traditional Hot / Wan<br>4pm-Trad.Hot Expand/Heather            | 25 | 9am - Traditional Hot /Hayley<br>4pm - Mukti Music / Trina<br>6pm-Trad.Hot/26&2/90m/Wan<br>8pm - Trad Hot Music / Aimee                                    | 26 | 9am - Hot Hatha / Joy<br>4pm - Traditional Hot / Hayley<br>6pm - Trad Hot Core / Aimee   | 27 | 9am - Trad.Hot Expand/Wan<br>4pm - Hot Hatha / Yvette<br>6pm -Traditional Hot/Joy<br>8pm - Yin /Joy  | 28 | 9am - Hot Hatha / Hayley<br>4pm - Yin / Yvette<br>6pm -Trad.Hot Music /Heather<br>7:30PM - Abundant Bodies/1hr<br>Heather/Session Fee Applies                         | 29 | Canada Day Holiday WKND<br>9am - Traditional Hot / Heather<br>4pm - Flow / Val<br>NO 6PM CLASS TODAY                     | 30 |  |    |