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

# Sahali-June

**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

FINAL 05.23.17

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | **1**<br>9am - Traditional Hot - Wan<br>12pm - Hatha / Joy<br>3:30pm - Yoga X / Hayley<br>**5:15pm-Trad.Hot/75min/Char**<br>7:15pm - Flow / Charlotte | **2**<br>6am - Hot Hatha / Deandra<br>9am - Mukti Music / Trina<br>12pm - Yin / Joy<br>3:30pm-Traditional Hot/ Hayley<br>5:15pm-KARMA/Traditional Hot<br>Music with Hayley | **3**<br>8:30AM - Bike to Work/Riversid<br>Park Bandshell with Jenny<br>9am - Flow / Charlotte<br>12pm - Traditional Hot / Charlotte<br>Noon - National Health & Fitness<br>Day/Yoga @ McDonald Park/Aime<br>4pm - Trad Hot Expand / Heather |
| **4**<br>9am - Mukti / Hayley<br>Noon - Flow / Deandra<br>4pm - Yin / Jenny<br>7pm -Trad.Hot Music / Wan | **5**<br>6am - Traditional Hot/Hayley<br>9am - Traditional Hot / Joy<br>12pm - Mukti / Sandy<br>3:30pm - Flow / Yvette<br>5:15pm -Trad.Hot Core /Yvette<br>**7:15pm - Yin / Joy**<br>9pm - Trad Hot Music / Wan | **6**<br>9am - Hot Hatha / Yvette<br>12pm - Hatha / Joy<br>3:30pm - Trad.Hot Music/ Wan<br>**5:15pm-Trad.Hot*/26&2 /Wan**<br>7:15pm - Flow / Hayley | **7**<br>6am - Flow / Charlotte<br>9am - Trad.Hot Exp/Charlotte<br>12pm - Traditional Hot / Wan<br>3:30pm - Flow / Charlotte<br>5:15pm - Mukti / Trina<br>7:15pm - Yin / Hayley<br>9pm - Flow / Hayley | **8**<br>9am-Traditional Hot/Wan<br>12pm - Hatha / Joy<br>3:30pm - Yoga X / Joy<br>5:15pm-Trad.Hot/75min/Char<br>7:15pm-Flow / Charlotte | **9**<br>6am - Hot Hatha / Deandra<br>9am - Mukti Music / Trina<br>12pm - Yin / Joy<br>3:30pm-Traditional Hot/Heather<br>5:15pm-KARMA/Traditional Hot<br>Music with Caitlin | **10**<br>9am - Flow / Charlotte<br>12pm - Traditional Hot / Charlott<br>4pm - Trad Hot Expand / Wan |
| **11**<br>9am - Mukti / Yvette<br>Noon - Flow / Deandra<br>4pm - Live Music/Restorative<br>Donna Extra Fee/$5 Cover<br>7pm -Trad.Hot Music / Wan | **12**<br>6am - Traditional Hot /Joy<br>9am - Silent Trad.Hot / Joy<br>12pm - Mukti / Hayley<br>3:30pm - Flow / Hayley<br>5:15pm -Trad.Hot Core / Yvette<br>**7:15pm - Yin / Yvette**<br>9pm - Trad Hot Music / Wan | **13**<br>9am - Hot Hatha / Yvette<br>12pm - Hatha / Joy<br>3:30pm - Trad.Hot Music/ Wan<br>**5:15pm - Trad.Hot*/26&2/ Wan**<br>7:15pm - Flow / Hayley | **14**<br>6am - Flow / Charlotte<br>9am - Trad.Hot Exp/Charlotte<br>12pm - Traditional Hot / Wan<br>3:30pm - Flow / Charlotte<br>**5:15pm-Mukti Expand/90min/Trina**<br>7:15pm - Yin / Hayley<br>9pm - Flow / Hayley | **15**<br>9am - Traditional Hot - Wan<br>12pm - Hatha / Joy<br>3:30pm - Yoga X / Joy<br>**5:15pm-Trad.Hot/75min/Char**<br>7:15pm - Flow / Charlotte | **16**<br>6am - Hot Hatha / Deandra<br>9am - Mukti Music / Joy<br>12pm - Yin / Joy<br>3:30pm-Traditional Hot/Hayley<br>5:15pm-KARMA/Traditional Hot<br>Music with Hayley | **17**<br>9am - Flow / Jenny<br>12pm - Traditional Hot/ Wan<br>4pm - Trad Hot Expand / Caitlin |
| **18**<br>9am - Mukti - Yvette<br>Noon - Flow / Jenny<br>4pm - Restorative / Deandra<br>7pm -Trad.Hot Music / Wan | **19**<br>6am - Traditional Hot / Joy<br>9am - Traditional Hot / Joy<br>12pm - Mukti / Hayley<br>3:30pm - Flow / Hayley<br>5:15pm -Trad.Hot Core / Yvette<br>**7:15pm - Yin / Yvette**<br>9pm - Trad Hot Music / Wan | **20**<br>9am - Hot Hatha / Yvette<br>12pm - Hatha / Joy<br>3:30pm - Trad.Hot Music/ Wan<br>**5:15pm-Trad.Hot*/26&2/ Wan**<br>7:15pm - Flow / Hayley | **21**<br>6am - Flow / Charlotte<br>9am - Trad.Hot Exp/Charlotte<br>12pm - Traditional Hot / Wan<br>3:30pm - Flow / Charlotte<br>5:15pm - Mukti / Trina<br>7:15pm - Yin / Hayley<br>9pm - Flow / Hayley | **22**<br>9am - Traditional Hot - Wan<br>12pm - Hatha / Joy<br>3:30pm - Yoga X / Joy<br>**5:15pm-Trad.Hot/75min/Char**<br>7:15pm - Flow / Charlotte | **23**<br>6am - Hot Hatha / Jenny<br>9am - Mukti Music/ Trina<br>12pm - Yin / Joy<br>3:30pm - Traditional Hot/Leilani<br>5:15pm-KARMA Trad.Hot Music<br>with Caitlin | **24**<br>9am - Flow / Charlotte<br>12pm - Traditional Hot/Charlott<br>4pm - Trad Hot Expand / Wan |
| **25**<br>9am - Mukti - Yvette<br>Noon - Flow / Jenny<br>4pm - Yin / Wan<br>7pm -Trad.Hot Music / Wan | **26**<br>6am - Traditional Hot / Hayley<br>9am - Silent Traditional Hot / Joy<br>12pm - Mukti / Sandy<br>3:30pm - Flow / Yvette<br>5:15pm -Trad.Hot Core / Yvette<br>**7:15pm - Yin / Joy**<br>9pm - Trad Hot Music / Wan | **27**<br>9am - Hot Hatha / Yvette<br>12pm - Hatha / Joy<br>3:30pm - Trad.Hot Music/ Wan<br>**5:15pm-Trad.Hot*/26&2/ Wan**<br>7:15pm - Flow / Hayley | **28**<br>6am - Flow / Charlotte<br>9am - Trad.Hot Exp/Charlotte<br>12pm - Traditional Hot / Wan<br>3:30pm - Flow / Charlotte<br>5:15pm - Mukti / Trina<br>7:15pm - Yin / Hayley<br>9pm - Flow / Hayley | **29**<br>9am - Traditional Hot - Wan<br>12pm - Hatha / Joy<br>3:30pm - Yoga X / Joy<br>**5:15pm-Trad.Hot/75min/Char**<br>7:15pm - Flow / Charlotte | **30**<br>Canada Day Holiday WKND<br>NO 6AM CLASS TODAY<br>9am - Mukti Music/ Trina<br>12pm - Yin / Hayley<br>3:30pm - Traditional Hot/Hayley<br>NO 5:15PM CLASS TODAY | |

Kamloops Hot Yoga