

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Brock - March

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

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 021917

			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 / Leilani 6pm-KarmaTrad.Hot Music/Aimee	4 10am - Traditional Hot / Aimee Noon - Kids Yoga / 3 to 10 yrs with Aimee 4pm-Yin /1hr / Yvette
5 10am - Traditional Hot / Wan 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 / Sandy 6pm-Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	7 9am - Hot Hatha /Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	8 60 Day Challenge Ends 9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha /Joy	9 9am - Hot Hatha / Hayley 4pm - Yin / Sandy 6pm -Trad.Hot Music /Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	10 9am - Silent Traditional Hot/Joy 4pm - Trad.Hot Expand / Leilani 6pm - KarmaTrad.Hot Music/Heather	11 10am - Traditional Hot / Aimee Noon - Kids Yoga/3 to 10 yrs with Aimee 4pm - Yin to Nidra / Yvette
12 10am - Traditional Hot / Sandy 2PM - Abundant Bodies / 1hr Heather/Session Fee Applies 4pm-Trad.Hot Expand/Heather	13 9am - Traditional Hot / Hayley 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	14 9am - Hot Hatha/Joy 1PM - PRIVATE CLASS/VAL 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	15 9am -Trad.Hot Expand/Leilani 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 / Leilani 6pm-Karma Trad.Hot Music/Aimee	18 10am - Traditional Hot / Aimee Noon - Family Class w/ Aimee 4pm - Yin / Yvette
19 10am - Traditional Hot / Wan 2PM - Abundant Bodies / 1hr Heather/Session Fee Applies 4pm-Trad.Hot Expand/Heather	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 / Leilani 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	22 9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X / Hayley 8pm - Gentle Hatha / Hayley	23 9am - Hot Hatha / Val 4pm - Yin / Yvette 6pm -Trad.Hot Music /Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	24 9am - Traditional Hot / Yvette 4pm - Trad.Hot Expand / Leilani 6pm-Karma Trad.Hot Music/Caitlin	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 / Sandy 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m/Wan 8pm - Trad Hot Music / Aimee	28 9am - Hot Hatha / Val 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8pm - Yin / Hayley	29 9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Gentle Hatha / Joy	30 9am - Hot Hatha / Hayley 4pm - Yin / Hayley 6pm -Trad.Hot Music /Heather 7:30PM - Abundant Bodies/1hr Heather/Session Fee Applies	31 9am - Traditional Hot / Joy 4pm - Trad.Hot Expand / Leilani 6pm-Karma Trad.Hot Music/Aimee	