

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali- March

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

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 02.19.17						
			6am - Flow / Charlotte 1 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Sandy 7:15pm - Yin / Hayley 9pm - Flow / Hayley	9am - Traditional Hot - Wan 2 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Cha 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	6am - Hot Hatha / Jenny 3 9am - Mukti / Hayley 12pm - Yin / Joy 3:30pm - Traditional Hot/Hayley 5:15pm-KARMA/Traditional Hot Music /Caitlin 7:15PM - Glowga/Caitlin/Extra	9am - Flow / Charlotte 4 12pm - Traditional Hot/Charlotte 2PM - Abundant Bodies / 1hr Heather/Session Fee Applies 4pm - Trad Hot Expand/Heather Fee Applies
9am - Mukti / Yvette 5 Noon - Flow / Deandra 2PM -Pre-Natal/75min Vanessa/Session Fee Applies 4pm - Yin / 75min/ Jenny 7pm -Trad.Hot Music / Wan	6am - Traditional Hot / Hayley 6 9am - Silent Trad.Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core / Yvette 7:15pm - Yin / Joy 9pm - Trad Hot Music / Wan	9am - Hot Hatha / Yvette 7 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	60 Day Challenge Ends 8 6am - Flow / Charlotte 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Sandy 7:15pm - Yin / Hayley 9pm - Flow / Hayley	9am - Traditional Hot - Sandy 9 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Cha 7:15pm-Flow /Charlotte 9pm - Traditional Hot / Hayley	6am - Hot Hatha / Jenny 10 9am - Mukti / Hayley 12pm - Yin / Joy 3:30pm - Traditional Hot/Hayley 5:15pm - KARMA Trad.Hot Music w/ Caitlin	9am - Flow / Charlotte 11 12pm - Traditional Hot/Charlotte 1:30PM - 3:30PM - Yoga & Pain Care / Natalie /Extra Fee Applies 4pm - Trad Hot Expand/Heather
9am - Mukti - Yvette 12 Noon - Flow / Deandra 2PM -Pre-Natal/75min Vanessa/Session Fee Applies 4pm - Yin / 75min/ Jenny 7pm -Trad.Hot Music / Hayley	6am - Traditional Hot / Hayley 13 9am - Traditional Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core / Yvette 7:15pm - Yin / Joy 9pm - Trad Hot Music / Wan	9am - Hot Hatha / Yvette 14 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	6am - Flow / Charlotte 15 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	9am - Traditional Hot - Wan 16 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Cha 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	6am - Hot Hatha / Jenny 17 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot/Hayley 5:15pm - KARMA Trad.Hot Music w / Hayley	9am - Flow / Charlotte 18 12pm - Traditional Hot/Charlotte 2PM - Abundant Bodies / 1hr Heather/Session Fee Applies 4pm - Trad Hot Expand/Heather
9am - Mukti - Yvette 19 Noon - Flow / Deandra 2PM -Pre-Natal/75min Vanessa/Session Fee Applies 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan	6am - Traditional Hot / Hayley 20 9am - Silent Trad.Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core /Yvette 7:15pm - Yin / Joy 9pm - Trad Hot Music / Wan	9am - Hot Hatha / Yvette 21 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Hayley 5:15pm-Trad.Hot*/26&2/ Dwight 7:15pm - Flow / Yvette 9pm - Hot Hatha / Val	6am - Flow / Charlotte 22 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Sandy 9pm - Flow / Jenny	9am - Traditional Hot - Wan 23 12pm - Hatha / Hayley 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot Expand*Cha 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	6am - Hot Hatha / Jenny 24 9am - Mukti / Trina 12pm - Yin / Trina 3:30pm - Traditional Hot/Hayley 5:15pm - KARMA Trad.Hot Music w/Hayley	9am - Flow / Jenny 25 12pm - Traditional Hot/Heather 1:30PM - 3:30PM - Yoga for Balanced Self / Charlotte / Extra Fee Applies 4pm - Trad Hot Expand/Heather
9am - Mukti - Yvette 26 Noon - Flow / Deandra 2PM -Pre-Natal/75min Vanessa/Session Fee Applies 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan	6am - Trad.Hot / Hayley 27 9am - Traditional Hot / Hayley 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core /Yvette 7:15pm - Yin / Jenny 9pm - Trad Hot Music / Wan	9am - Hot Hatha / Yvette 28 12pm - Yoga X / Hayley 3:30pm - Trad.Hot Music/ Wan 5:15pm - Trad.Hot*/26&2/ Wan 7:15pm - Flow / Yvette 9pm - Hot Hatha / Val	6am - Flow / Charlotte 29 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	9am - Traditional Hot - Wan 30 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Cha 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	6am - Hot Hatha / Heather 31 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot/Hayley 5:15pm - KARMA Trad.Hot Music w/Hayley	