

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali-May

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

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

Download the app or visit www.kamloopshotyoga.com for a detailed daily schedule

FINAL 04.13.17										
	6am - Yoga Boot Camp/Hayley 9am - Traditional Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm - Trad.Hot Core / Yvette 7:15pm - YogaX / Joy 9pm - Trad Hot Music / Wan	9am - Hot Hatha / Yvette 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm - Trad.Hot*/26&2/Wan 7:15pm - Flow / Deandra 9pm - Hot Hatha/Val	6am - Flow / Charlotte 9am - Trad.Hot Exp/Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	9am - Traditional Hot - Wan 12pm - Hatha / Hayley 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot Expand*Char 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	6am - Yoga Boot Camp / Jenny 9am - Mukti Music / Trina 12pm - Yin / Sandy 3:30pm-Trad.Hot Exp. / Leilani 5:15pm-KARMA/Traditional Ho Music with Caitlin	9am - Flow / Charlotte 12pm - Traditional Hot / Charlotte 4pm - Trad Hot Expand / Heather				
9am - Mukti / Yvette Noon - Flow / Deandra 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan	6am - Yoga Boot Camp/Hayley 9am - Traditional Hot / Hayley 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core / Yvette 7:15pm - YogaX / Jenny 9pm - Trad Hot Music / Wan	9am - Hot Hatha / Yvette 12pm - Yoga X / Hayley 3:30pm - Trad.Hot Music/ Wan 5:15pm-Trad.Hot*/26&2/Dwight 7:15pm - Flow / Deandra 9pm - Hot Hatha / Jenny	6am - Flow / Charlotte 9am - Trad.Hot Exp/Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	9am-Traditional Hot/Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Char 7:15pm-Flow / Charlotte 9pm - Traditional Hot / Wan	6am - Yoga Boot Camp / Jenny 9am - Mukti Music / Trina 12pm - Yin / Joy 3:30pm-Trad.Hot Expand/Hayley 5:15pm-KARMA/Traditional Ho Music with Hayley	9am - Flow / Charlotte 12pm - Traditional Hot / Charlott 4pm - Trad Hot Expand / Wan				
9am - Mukti / Yvette Noon - Flow / Deandra 4pm - Yin / Donna 7pm -Trad.Hot Music / Wan	6am - Yoga Boot Camp/Hayley 9am - Silent Trad.Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core / Yvette 7:15pm - YogaX / Joy 9pm - Trad Hot Music / Wan	9am - Hot Hatha / Yvette 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm - Trad.Hot*/26&2/ Wan 7:15pm - Flow / Deandra 9pm - Hot Hatha/Val	6am - Flow / Charlotte 9am - Trad.Hot Exp/Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm-Mukti Expand/90min/Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Char 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	VICTORIA DAY HOLIDAY WKND NO 6AM CLASS TODAY 9am - Mukti Music / Hayley 12pm - Yin / Trina 3:30pm - Trad.Hot Expand/Wan NO 5:15PM CLASS TODAY	VICTORIA DAY HOLIDAY WKND 9am - Flow / Charlotte 12pm - Traditional Hot/Charlotte NO 4PM CLASS TODAY				
VICT.DAY HOLIDAY WKND 9am - Mukti - Yvette Noon - Flow / Deandra 4pm - Restorative / Deandra NO 7PM CLASS TODAY	VICTORIA DAY HOLIDAY NO 6AM CLASS TODAY 9am - Traditional Hot / Hayley 12pm - Mukti / Hayley 3:30pm - Flow / Yvette NO 5:15PM CLASS TODAY NO 7:15PM CLASS TODAY NO 9PM CLASS TODAY	9am - Hot Hatha / Yvette 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm-Trad.Hot*/26&2/Dwight 7:15pm - Flow / Deandra 9pm - Hot Hatha/Val	6am - Flow / Charlotte 9am - Trad.Hot Exp/Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm-Trad.Hot Expand*Char 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan	6am - Yoga Boot Camp / Jenny 9am - Mukti Music/ Trina 12pm - Yin / Joy 3:30pm - Trad.Hot Exp / Hayley 5:15pm-KARMA Trad.Hot Music with Hayley	9am - Flow / Charlotte 12pm - Traditional Hot/Charlott 4pm - Trad Hot Expand / Wan				
9am - Mukti - Yvette Noon - Flow / Hayley 4pm - Yin / Jenny 7pm -Trad.Hot Music / Wan	6am - Yoga Boot Camp/Hayley 9am - Silent Trad.Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm -Trad.Hot Core / Yvette 7:15pm - YogaX / Joy 9pm - Trad Hot Music / Wan	9am - Hot Hatha / Yvette 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm-Trad.Hot*/26&2/ Wan 7:15pm - Flow / Deandra 9pm - Hot Hatha/Val	6am - Flow / Charlotte 9am - Trad.Hot Exp/Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley							