

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Brock - November

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: none in Brock

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

# FV102116

		9am - Hot Hatha / Joy <b>1</b>	<b>2</b>	9am - Hot Hatha / Hayley <b>3</b>	<b>4</b>	10am - Traditional Hot / Aimee <b>5</b>
		4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8PM- Pre-Natal / Vanessa	9am - Trad.Hot Expand/Leilani	4pm - Hot Hatha / Yvette 6pm - Yoga X / Yvette 8pm - Yin / Joy	4pm - Yin / Yvette 6pm-Trad Hot Music/Heather 8pm - Traditional Hot /Hayley	9am - Silent Traditional Hot/Joy 4pm - Trad.Hot Expand / Hayley 6pm-KarmaTrad.Hot Music/Aimee 4pm - Yin with Live Music/1hr with Yvette
<b>6</b>	<b>7</b>	9am - Hot Hatha / Joy <b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10am - Traditional Hot / Wan 4pm-Trad.Hot Expand/Heather	9am - Traditional Hot / Hayley 4pm - Mukti Music / Sandy 6pm - Traditional Hot / Wan 8pm - Trad Hot Music / Aimee	9am - Trad.Hot Expand/Leilani 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8PM- Pre-Natal / Vanessa	9am - Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X / Joy 8pm - Yin to Meditation /Joy	9am - Hot Hatha / Hayley 4pm - Yin / Trina 6pm -Trad.Hot Music/Heather 8pm - Traditional Hot /Hayley	REMEMBRANCE DAY HOLIDAY 9am - Traditional Hot / Aimee 4pm - Trad.Hot Expand / Hayley 6pm - Karma Trad.Hot Music/Aimee	10am - Traditional Hot / Aimee Noon - Kids & Family Yoga with Aimee 4pm - Yin / 1hr/1hr / Yvette
<b>13</b>	<b>14</b>	9am - Hot Hatha/Joy <b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10am - Traditional Hot / Wan 4pm-Trad.Hot Expand/Heather	9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/Heather 4pm - Mukti Music / Trina 6pm - Traditional Hot / Wan 8pm - Trad Hot Music / Hayley	9am - Trad.Hot Expand/Leilani 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Hayley 8PM- Pre-Natal / Vanessa	9am - Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X /Joy 8pm - Yin / Joy	9am - Hot Hatha / Hayley 4pm - Yin / Trina 6pm -Trad.Hot Music/Heather 8pm - Traditional Hot /Hayley	9am - Silent Trad Hot / Joy 4pm - Trad.Hot Expand / Hayley 6pm-Karma Trad.Hot Music/Wan	10am - Trad. Hot / Aimee Noon - Kids Yoga / 3 to 10 yr olds with Aimee 4pm - Yin to Nidra/1hr/Yvette
<b>20</b>	<b>21</b>	9am - Hot Hatha / Joy <b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10am - Traditional Hot / Wan 4pm-Trad.Hot Expand/Heather	9am - Traditional Hot / Hayley 4pm - Mukti Music / Trina 6pm - Traditional Hot / Wan 8pm - Trad Hot Music / Aimee	9am - Trad.Hot Expand/Leilani 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8PM- Pre-Natal / Vanessa	9am - Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X /Joy 8pm - Yin to Meditation /Joy	9am - Hot Hatha / Hayley 4pm - Yin / Trina 6pm -Trad.Hot Music/Heather 8pm - Traditional Hot /Hayley	9am - Traditional Hot / Joy 4pm - Trad.Hot Expand / Hayley 6pm-Karma Trad.Hot Music/Aimee	10am - Trad. Hot / Aimee Noon - Kids Yoga / 3 to 10 yr olds with Aimee 4pm - Yin / 1hr / Yvette
<b>27</b>	<b>28</b>	9am - Hot Hatha / Joy <b>29</b>	<b>30</b>			
10am - Traditional Hot / Wan 4pm-Trad.Hot Expand/Heather	9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/Heather 4pm - Mukti Music / Trina 6pm - Traditional Hot / Wan 8pm - Trad Hot Music / Aimee	9am - Trad.Hot Expand/Leilani 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 8PM- Pre-Natal / Vanessa	9am - Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Yoga X /Joy 8pm - Yin /Joy			