

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:** 4pm, 5:30pm, 7pm & Private Classes  
**75 mins:** 9am & 10am

Classes in **GREEN** are not heated  
KARMA classes are \$5 minimum donation  
Classes in **RED** are not scheduled  
6am Class & Community Class (new teacher) \$10 drop-in  
PURPLE classes are private and/or additional fee

FINAL 10.27.17

**9AM & 4PM CLASSES REMAIN AT THE SAME TIME  
PLEASE NOTE NEW CLASS TIMES FOR EVENING CLASSES**

				<b>1</b> 9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Hayley 7pm - Yin / 1hr/ Hayley	<b>2</b> 9am - Hot Hatha / Brenna 4pm - Yin / Yvette 5:30pm - Trad. Hot / 1hr / Wan 7PM-Abundant Bodies / 1hr with Michelle	<b>3</b> 9am - Silent Trad. Hot / Joy 4pm - Hot Hatha / Leilani 5:30pm -Karma Traditional Hot Music / 1hr with Caitlin	<b>4</b> 10am - Traditional Hot / Aimee 4PM - Yin / Yvette
<b>5</b> 10am - Traditional Hot / Wan 4pm - Gentle Hatha - Val	<b>6</b> 9am - Mukti / Rose 4pm - Mukti Music / Trina 5:30pm - Traditional Hot/1hr/ Wan 7pm - Trad.Hot Music /1hr/Aimee	<b>7</b> 9am - Hot Hatha / Yvette 4pm - Traditional Hot / Leilani 5:30pm -Traditional Hot Core 1hr with Aimee	<b>8</b> 9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Hayley 7pm - Yin / 1hr/ Hayley	<b>9</b> 9am - Hot Hatha / Joy 4pm - Yin / Yvette 5:30pm - Trad. Hot / 1hr / Wan 7PM-Abundant Bodies / 1hr with Michelle	<b>10</b> 9am - Traditional Hot / Joy 4pm - Hot Hatha / Leilani 5:30pm -Karma Traditional Hot Music / 1hr with Aimee	<b>11</b> REMEMBRANCE HOLIDAY 10am - Traditional Hot / Aimee 4PM - Yin / Yvette	
<b>12</b> 10am - Traditional Hot / Wan 4pm - Gentle Hatha - Val	<b>13</b> 9am - Mukti / Rose 4pm - Mukti Music / Trina 5:30pm - Traditional Hot/1hr/ Wan 7pm - Trad.Hot Music /1hr/Aimee	<b>14</b> 9am - Hot Hatha / Yvette 4pm - Traditional Hot / Leilani 5:30pm -Traditional Hot Core 1hr with Aimee	<b>15</b> 9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Hayley 7pm - Yin / 1hr/ Hayley	<b>16</b> 9am - Hot Hatha / Joy 4pm - Yin / Yvette 5:30pm - Trad. Hot / 1hr / Wan 7PM-Abundant Bodies / 1hr with Michelle	<b>17</b> 9am - Silent Trad. Hot / Joy 4pm - Hot Hatha / Leilani 5:30pm -Karma Traditional Hot Music / 1hr with Aimee 7PM to 9PM-Yintensive Master Sessions & Teacher Training Extra Fee Sessions	<b>18</b> 10am - Traditional Hot /Aimee 12PM to 8PM - Yintensive Master Sessions & Teacher Training Extra Fee Sessions 4PM - Yin with Joy	
<b>19</b> 10am - Traditional Hot / Wan 12PM to 8PM - Yintensive Master Sessions & Teacher Training/Extra Fee Sessions 4PM - Yin with Joy	<b>20</b> 9am - Mukti / Rose 4pm - Mukti Music / Sandy 5:30pm - Traditional Hot/1hr/ Wan 7pm - Trad.Hot Music /1hr/Aimee	<b>21</b> 9am - Hot Hatha / Yvette 4pm - Traditional Hot / Leilani 5:30pm -Traditional Hot Core 1hr with Aimee	<b>22</b> 9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Hayley 7pm - Yin / 1hr/ Hayley	<b>23</b> 9am - Hot Hatha / Joy 4pm - Yin / Yvette 5:30pm - Trad. Hot / 1hr / Wan 7PM-Abundant Bodies / 1hr with Michelle	<b>24</b> 9am - Traditional Hot / Joy 4pm - Hot Hatha / Leilani 5:30pm -Karma Traditional Hot Music / 1hr / with Caitlin 7PM to 9PM-Yintensive Master Sessions & Teacher Training Extra Fee Sessions	<b>25</b> 10am - Traditional Hot /Aimee 12PM to 5PM- intensive Master Sessions & Teacher Training Extra Fee Sessions 4PM - Yin with Joy	
<b>26</b> 10am - Traditional Hot / Wan 12PM to 5PM - Yintensive Master Sessions & Teacher Training/Extra Fee Sessions 4PM - Yin with Joy	<b>27</b> 9am - Mukti / Rose 1PM - PRIVATE CLASS / Michelle 4pm - Mukti Music / Trina 5:30pm - Traditional Hot/1hr/ Wan 7pm - Trad.Hot Music /1hr/Aimee	<b>28</b> 9am - Hot Hatha / Yvette 4pm - Traditional Hot / Leilani 5:30pm -Traditional Hot Core 1hr with Aimee	<b>29</b> 9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 5:30pm-Trad. Hot/1hr/Hayley 7pm - Yin / 1hr/ Hayley	<b>30</b> 9am - Hot Hatha / Joy 4pm - Yin / Yvette 5:30pm - Trad. Hot / 1hr / Wan 7PM-Abundant Bodies / 1hr with Michelle			