

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali-November

Classes in **GREEN** are not heated
KARMA 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

CLASS LENGTH
1 hour: 12pm, 3:30pm, 4pm Sat, 7pm, 9pm
75 mins: 6am, 9am, 5:15pm, 7:15pm, 4pm Sun

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

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

FINAL 10.27.17											
			6am - Flow / Jenny 1 9am - Silent Trad.Hot /Joy 12pm - Trad Hot Music /Joy 3:30pm - Flow / Brenna 5:15pm - Mukti / Rose 7:15pm - Yin / Rose 9pm - Traditional Hot / Wan	9am -Traditional Hot / Wan 2 12pm - Hatha / Leilani 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Val 9pm - Traditional Hot / Hayley	6am - Mukti Music / Rose 3 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm -Traditional Hot/ Hayley 5:15pm-KARMA/Traditional Hot Music with Hayley	9am - Flow / Rose 4 Noon - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan					
9am - Mukti / Rose 5 Noon - Flow / Rose 2PM - Pre-Natal / 75min with Kelsey / Extra Fee Class 4pm - Yin / Rose 7pm -Trad.Hot Music / Wan	6am - Traditional Hot /Hayley 6 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core / Yvette 7:15pm - Yin to Nidra / Yvette 9pm - Trad.Hot Music / Wan	9am - Hot Hatha / Joy 7 12pm - Hatha/ Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm -Trad.Hot/75min / Wan 7:15pm - Flow / Hayley 9pm - Traditional Hot / Hayley	6am - Flow / Jenny 8 9am - Trad.Hot EXPAND /Joy 12pm - Trad Hot Music /Joy 3:30pm - Flow / Brenna 5:15pm - Mukti / Rose 7:15pm - Yin / Rose 9pm - Traditional Hot / Wan	9am -Traditional Hot / Wan 9 12pm - Hatha / Joy 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Val 9pm - Traditional Hot / Hayley	6am - Mukti / Rose 10 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm -Traditional Hot/Hayley 5:15pm - KARMA / Mukti Music with Hayley	REMEMBRANCE DAY HOLIDAY 11 9am - Flow / Rose Noon - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan					
9am - Mukti / Rose 12 Noon - Flow / Rose 2PM - Pre-Natal / 75min with Kelsey / Extra Fee Class 4pm -Yin Expand/90min/Rose 7pm -Trad.Hot Music / Wan	6am - Traditional Hot /Hayley 13 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core / Yvette 7:15pm - Yin to Nidra / Yvette 9pm - Trad.Hot Music / Wan	9am - Hot Hatha / Joy 14 12pm - Hatha/ Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm -Trad.Hot/75min / Wan 7:15pm - Flow / Hayley 9pm - Traditional Hot / Hayley	6am - Flow / Jenny 15 9am - Silent Trad.Hot /Joy 12pm - Trad Hot Music /Joy 3:30pm - Flow / Brenna 5:15pm - Mukti / Rose 7:15pm - Yin / Rose 9pm - Traditional Hot / Wan	9am -Traditional Hot / Wan 16 12pm - Hatha / Joy 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Val 9pm - Traditional Hot / Hayley	6am - Mukti / Rose 17 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm -Traditional Hot /Brenna 5:15pm-KARMA/Traditional Hot with Caitlin	9am - Flow / Rose 18 Noon - Traditional Hot / Caitlin 4pm - Trad Hot Expand / Caitlin					
9am - Mukti / Rose 19 Noon - Flow / Rose 2PM - Pre-Natal / 75min with Kelsey / Extra Fee Class 4pm - Yin / Rose 7pm -Trad.Hot Music / Wan	6am - Traditional Hot / Hayley 20 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core / Yvette 7:15pm - Yin / Yvette 9pm - Trad.Hot Music / Wan	9am - Hot Hatha / Joy 21 12pm - Hatha/ Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm -Trad.Hot/75min / Wan 7:15pm - Flow / Hayley 9pm - Traditional Hot / Hayley	6am - Flow / Jenny 22 9am - Trad.Hot EXPAND /Joy 12pm - Trad Hot Music /Joy 3:30pm - Flow / Brenna 5:15pm - Mukti / Rose 7:15pm - Yin / Rose 9pm - Traditional Hot / Wan	9am -Traditional Hot / Wan 23 12pm - Hatha / Joy 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Val 9pm - Traditional Hot / Hayley	6am - Mukti / Rose 24 9am - Mukti Music / Rose 12pm - Yin / Joy 3:30pm -Traditional Hot/Hayley 5:15pm-KARMA Traditional Hot with Brenna 7:15 GlowGa with Hayley/Extra Fee Class/\$5Mem/\$25 non-mem	9am - Flow / Rose 25 Noon - Traditional Hot / Wan 4pm - Trad Hot Expand / Wan					
9am - Mukti / Rose 26 Noon - Flow / Rose 2PM - Pre-Natal / 75min with Kelsey / Extra Fee Class 4pm - Yin / Rose 7pm -Trad.Hot Music / Wan	6am - Trad Hot / Hayley 27 9am - Traditional Hot / Hayley 12pm - Mukti / Rose 3:30pm - Flow / Brenna 5:15pm -Trad.Hot Core/ Yvette 7:15pm - Yin to Nidra / Yvette 9pm - Trad.Hot Music / Wan	9am - Hot Hatha / Joy 28 12pm - Hatha/ Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm -Trad.Hot/75min / Wan 7:15pm - Flow / Hayley 9pm - Traditional Hot / Hayley	6am - Flow / Jenny 29 9am - Silent Trad.Hot /Joy 12pm - Trad Hot Music /Joy 3:30pm - Flow / Brenna 5:15pm - Mukti / Rose 7:15pm - Yin / Rose 9pm - Traditional Hot / Wan	9am -Traditional Hot / Wan 30 12pm - Hatha / Joy 3:30pm - Yoga X / Hayley 5:15pm-Trad.Hot / Hayley 7:15pm - Flow / Val 9pm - Traditional Hot / Hayley							