

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**CLASS LENGTH**

**1 hour:** 12pm, 4pm, 8pm, and Private Classes  
**75 mins:** 9am, 10am, 6pm

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

# Brock - October

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

FINAL 09.27.17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am - Traditional Hot / Wan 4pm - Gentle Hatha - Val <b>7PM - Community Class Hatha in Punjabi &amp; English/Parissa \$10 drop-in or use membership</b>	9am - Mukti / Rose 4pm - Mukti Music / Trina 6pm - Traditional Hot/75m / Wan 8pm - Trad. Hot Music / Aimee	9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee	9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 6pm - Traditional Hot / Wan 8pm - Yin / Rose	9am - Hot Hatha / Joy 4pm - Yin / Yvette 6pm - Mukti / Joy <b>7:30PM-Abundant Bodies with Michelle</b>	9am - Silent Trad. Hot / Joy 4pm - Flow / Leilani 6pm - Karma Traditional Hot Music with Aimee	<b>THANKSGIVING DAY HOLIDAY WEEKEND</b> 10am - Traditional Hot / Aimee 4PM - Yin / Wan
<b>THANKSGIVING DAY HOLIDAY WEEKEND 30 DAY CHALLENGE ENDS</b> 10am - Traditional Hot / Wan <b>NO 4PM CLASS TODAY</b> <b>NO 7PM CLASS TODAY</b>	<b>THANKSGIVING DAY HOLIDAY</b> 9am - Mukti / Rose 4pm - Mukti Music / Trina <b>NO 6PM CLASS TODAY</b> <b>NO 8PM CLASS TODAY</b>	9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee	9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 6pm - Traditional Hot / Wan 8pm - Yin / Rose	9am - Hot Hatha / Joy 4pm - Yin / Yvette 6pm - Mukti / Sandy <b>7:30PM-Abundant Bodies with Michelle</b>	9am - Traditional Hot / Joy 4pm - Flow / Leilani 6pm - Karma Traditional Hot Music with Leilani	10am - Traditional Hot / Aimee 4PM - Yin / Wan
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