

Sunday

Monday

Tuesday

Wednesday Thursday

Friday

Saturday

Sahali-October

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

CLASS LENGTH
1 hour: 730am, 12pm, 3:30pm, 4pm Sat, 7pm, 9pm
75 mins: 6am, 9am, 5:15pm, 7:15pm, 4pm Sun

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

250-374-7426
#6-953 Laval Crescent, Kamloops, BC V2C5P4

FINAL 09.27.17

9am - Mukti / Rose **1**
Noon - Flow / Rose
2PM - Pre-Natal / 75min with Kelsey / Extra Fee Class

4pm - Yin / Rose
7pm - Trad.Hot Music / Wan

6am - Traditional Hot/Hayley **2**
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 / Yvette **3**
12pm - Hatha / Joy
3:30pm - Trad.Hot Music/ Wan
5:15pm - Traditional Hot / Wan
7:15pm - Flow / Hayley
9pm - Yin / Hayley

6am - Flow / Jenny **4**
9am - Silent Trad.Hot / Joy
12pm - Trad Hot Music /Wan
3:30pm - Flow / Brenna
5:15pm - Mukti / Rose
7:15pm - Yin / Hayley
9pm - Yang Yin / Hayley

9am -Traditional Hot / Wan **5**
12pm - Hatha / Joy
3:30pm - Yoga X / Hayley
5:15pm-Trad.Hot / Hayley
7:15pm - Flow / Val
9pm - Restorative / Jenny

6am - Mukti Music / Rose **6**
9am - Mukti Music / Rose
12pm - Yin / Joy
3:30pm -Traditional Hot/Joy
5:15pm-KARMA/Traditional Hot
Music with Wan
7pm- Karma Trip Info Meeting

THANKSGIVING DAY HOLIDAY WEEKEND
9am - Flow / Rose
Noon - Traditional Hot / Wan
4pm - Trad Hot Expand / Caitlin

THANKSGIVING DAY HOLIDAY WEEKEND 30 DAY CHALLENGE ENDS
9am - Mukti / Rose
Noon - Flow / Rose
4pm - Yin / Wan
NO 7PM CLASS TODAY

THANKSGIVINGDAY HOLIDAY NO 6AM CLASS TODAY
9am - Traditional Hot / Hayley
12pm - Mukti / Rose
3:30pm - Flow / Hayley
NO 5:15PM CLASS TODAY
NO 7:15PM CLASS TODAY
NO 9PM CLASS TODAY

9am - Hot Hatha / Yvette **10**
12pm - Hatha / Joy
3:30pm - Trad.Hot Music/ Wan
5:15pm -Trad.Hot/75min / Wan
7:15pm - Flow / Hayley
9pm - Yin / Hayley

6am - Flow / Jenny **11**
9am - Trad.Hot EXPAND /Joy
12pm - Trad Hot Music /Wan
3:30pm - Flow / Brenna
5:15pm - Mukti / Rose
7:15pm - Yin / Hayley
9pm - Yang Yin / Hayley

9am -Traditional Hot / Wan **12**
12pm - Hatha / Joy
3:30pm - Yoga X / Hayley
5:15pm-Trad.Hot / Hayley
7:15pm - Flow / Val
9pm - Restorative / Jenny

6am - Mukti / Rose **13**
9am - Mukti Music / Rose
12pm - Yin / Joy
3:30pm -Traditional Hot/Hayley
5:15pm - KARMA / Mukti Music with Hayley

9am - Flow / Hayley
Noon - Traditional Hot / Wan
2PM - Community Class/Power Flow/Shelly/\$10 dropin or use membership
4pm - Trad Hot Expand / Hayley

9am - Mukti / Rose **15**
Noon - Flow / Rose
2PM - Pre-Natal / 75min with Kelsey / Extra Fee Class

4pm - Yin / Rose
7pm - Trad.Hot Music / Wan

6am - Traditional Hot /Hayley **16**
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 / Yvette **17**
12pm - Hatha / Joy
3:30pm - Trad.Hot Music / Wan
5:15pm -Trad.Hot/75min / Wan
7:15pm - Flow / Hayley
9PM - Yin / Hayley

6am - Flow / Jenny **18**
9am - Silent Trad.Hot / Joy
12pm - Trad Hot Music /Wan
3:30pm - Flow / Brenna
5:15pm - Mukti / Rose
7:15pm - Yin / Hayley
9pm - Yang Yin / Hayley

9am -Traditional Hot / Wan **19**
12pm - Hatha / Joy
3:30pm - Yoga X / Hayley
5:15pm-Trad.Hot / Hayley
7:15pm - Flow / Val
9pm - Restorative / Jenny

6am - Mukti / Rose **20**
9am - Mukti Music / Rose
12pm - Yin / Joy
3:30pm -Traditional Hot/Joy
5:15pm-KARMA/Traditional Hot with Wan

9am - Flow / Jenny
Noon - Traditional Hot / Wan
2PM - Community Class/Power Flow/Shelly/\$10 drop-in or use membership
4pm - Trad Hot Expand / Caitlin

9am - Mukti / Rose **22**
Noon - Flow / Rose
2PM - Pre-Natal / 75min with Kelsey / Extra Fee Class

4pm - Yin / Rose
7pm - Trad.Hot Music / Wan

6am - Traditional Hot / Hayley **23**
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 / Yvette **24**
12pm - Hatha / Joy
3:30pm - Trad.Hot Music / Wan
5:15pm -Trad.Hot/75min / Wan
7:15pm - Flow / Hayley
9PM - Yin / Hayley

6am - Flow / Jenny **25**
9am - Trad.Hot EXPAND /Joy
12pm - Trad Hot Music /Wan
3:30pm - Flow / Brenna
5:15pm - Mukti / Rose
7:15pm - Yin / Hayley
9pm - Yang Yin / Hayley

9am -Traditional Hot / Wan **26**
12pm - Hatha / Joy
3:30pm - Yoga X / Hayley
5:15pm-Trad.Hot / Hayley
7:15pm - Flow / Val
9pm - Restorative / Jenny

6am - Mukti / Rose **27**
9am - Mukti Music / Rose
12pm - Yin / Joy
3:30pm -Traditional Hot/Hayley
5:15pm-KARMA Mukti/Hayley
Bram Workshop/Extra Fee Rqgd 7:30AM to 10PM
Evening of Mindfulness

Bram Workshop 28
Extra Fee Required
9:30AM to 12PM
Attention to Attention
1:30PM to 4:30PM
Power of Being
Brock Studio/Regular Sched

Bram Workshop 29
9:30AM to 12PM
Power of Thought
1:30PM to 4:30PM
Power of Time
Brock Studio/Regular Sched.
7pm - Trad.Hot Music / Wan

6am - Trad Hot / Hayley **30**
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 / Yvette **31**
12pm - Hatha / Joy
3:30pm - Trad.Hot Music / Wan
5:15pm -Trad.Hot/75min / Wan
7:15pm - Flow / Hayley
9PM - Yin / Hayley