

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock - September

Download the app or visit 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

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 08.31.17

					LABOUR DAY HOLIDAY WKND 9am - Silent Trad Hot / Joy 4pm - Flow / Leilani NO 6PM CLASS TODAY	LABOUR DAY HOLIDAY WKND 10am - Traditional Hot / Aimee NO 4PM CLASS TODAY
LABOUR DAY HOLIDAY WKND 10am - Traditional Hot/Hayley NO 4PM CLASS TODAY	LABOUR DAY HOLIDAY 9am - Traditional Hot /Aimee 4pm - Mukti Music / Rose NO 6PM CLASS TODAY NO 8PM CLASS TODAY	LABOUR DAY HOLIDAY 9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee	LABOUR DAY HOLIDAY 9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Yvette 6pm - Traditional Hot / Joy 8pm - Yin /Joy	LABOUR DAY HOLIDAY 9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm -Trad.Hot Music /Hayley 7:30PM - Abundant Bodies/Extra Fee Applies to this Class/Barb	LABOUR DAY HOLIDAY WKND 9am - Traditional Hot / Joy 4pm - Flow / Leilani 6pm - Karma Traditional Hot Music with Aimee	LABOUR DAY HOLIDAY WKND 10am - Traditional Hot / Aimee Noon - Kids Yoga/Extra Fee Class with Aimee 4PM - Yin to Nidra/Yvette
10am - Traditional Hot / Hayley 4pm - Gentle Hatha - Val	9am - Traditional Hot / Hayley 4PM - PRIVATE CLASS/Michelle 4pm - Mukti Music / Rose 6pm - Mukti/75m / Rose 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 / Brenna 6pm - Traditional Hot / Joy 8pm - Yin /Joy	9am - Hot Hatha / Hayley 4pm - Yin / Hayley 6pm -Trad.Hot Music /Hayley 7:30PM - Abundant Bodies/Extra Fee Applies to this Class/Barb	9am - Silent Trad Hot / Joy 4pm - Flow / Leilani 6pm - Karma Traditional Hot Music with Leilani	10am - Traditional Hot / Aimee Noon - Kids Yoga/Extra Fee Class with Aimee 4PM - Restorative / Leilani
10am - Traditional Hot / Hayley 4pm - Gentle Hatha - Val	9am - Traditional Hot / Hayley 4pm - Mukti Music / Rose 6pm - Mukti/75m / Rose 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 / Brenna 6pm - Traditional Hot / Joy 8pm - Yin /Joy	9am - Hot Hatha / Brenna 4pm - Yin / Hayley 6pm -Trad.Hot Music /Hayley 7:30PM - Abundant Bodies/Extra Fee Applies to this Class/Barb	9am - Traditional Hot / Joy 4pm - Flow / Brenna 6pm-Karma Traditional Hot Music with Aimee	10am - Traditional Hot / Aimee Noon - Kids Yoga/Extra Fee Class with Aimee 4PM - Restorative / Leilani
10am -Traditional Hot / Hayley 4pm - Gentle Hatha - Val	9am - Traditional Hot / Hayley 4PM - PRIVATE CLASS/Michelle 4pm - Mukti Music / Rose 6pm - Mukti/75m / Rose 8pm - Trad. Hot Music / Aimee	9am - Hot Hatha / Sandy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee	9am - Trad.Hot EXP / Leilani 4pm - Hot Hatha / Brenna 6pm - Traditional Hot / Wan 8pm - Yin /Jenny	9am - Hot Hatha / Brenna 4pm - Yin / Rose 6pm -Trad.Hot Music /Hayley 7:30PM - Abundant Bodies/Extra Fee Applies to this Class/Barb	9am - Traditional Hot / Hayley 4pm - Flow / Leilani 6pm-Karma Traditional Hot Music with Leilani	10am - Traditional Hot / Aimee Noon - Kids Yoga/Extra Fee Class with Aimee 4PM - Yin / Rose