

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali - December

CLASS LENGTH

1 hour: 730am, 12pm, 3:30pm, 4pm Sat, 7pm, 9pm
75 mins: 6am, 9am, 5:15pm, 7:15pm, 4pm Sun
90mins: Tues & Thurs 5:15pm; any class denoted with *

250-374-7426

#6-953 Laval Crescent, Kamloops, BC V2C5P4

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

Classes in **GREEN** are not heated
Classes in **YELLOW** are an additional fee
Classes in **RED** are not scheduled
6am Class & Community Class (new teacher) \$10 drop-in
Karma Class min \$5 donation for non-members

Final 11.30.16

					<p>1 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm Hot Hatha Expand/* Charlotte 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan</p>	<p>2 6am - Hot Hatha / Jenny 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot / Sandy 5:15pm - KARMA Trad.Hot Music/Wan 7pm - Teen Class/YogaX/Hayley</p>	<p>3 9am - Flow / Charlotte 12pm - Saturday Surprise/Charlotte</p>
<p>4 9am - Mukti / Yvette Noon - Flow / Yvette 2PM - Pre-Natal/75min/Vanessa 4pm - Restorative / Deandra 7pm - Trad.Hot Music / Wan</p>	<p>5 6am - Traditional Hot / Hayley 9am - Traditional Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm - Trad.Hot Core / Yvette 7:15pm - Yin / Joy 9pm - Trad Hot Music / Wan</p>	<p>6 9am - Hot Hatha / Yvette 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm - Trad.Hot*/26&2/Wan 7:15pm - Flow / Yvette 9pm - Hot Hatha / Val</p>	<p>7 6am - Flow / Charlotte 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley</p>	<p>8 9am - Traditional Hot / Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm Hot Hatha Expand* Charlotte 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan</p>	<p>9 6am - Hot Hatha / Jenny 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot / Sandy 5:15pm - KARMA Trad.Hot Music/Caitlin 7pm - Teen Class YogaX/Hayley</p>	<p>10 9am - Flow / Charlotte 12pm - Saturday Surprise/Charlotte 4pm - Trad Hot Expand/Heather</p>	
<p>11 9am - Mukti - Yvette Noon - Flow / Jenny 2PM - Pre-Natal/75min/Vanessa 4pm - Yin/75min/ Sandy 7pm - Trad.Hot Music / Wan</p>	<p>12 6am - Traditional Hot / Hayley 9am - Silent Trad.Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm - Trad.Hot Core / Yvette 7:15pm - Yin / Joy 9pm - Trad Hot Music / Wan</p>	<p>13 9am - Hot Hatha / Yvette 12pm - Yoga X / Joy 3:30pm - Trad.Hot Music/ Wan 5:15pm - Trad.Hot*/26&2/ Wan 7:15pm - Flow / Yvette 9pm - Hot Hatha / Val</p>	<p>14 6am - Flow / Charlotte 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley</p>	<p>15 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm Hot Hatha Expand* Charlotte 7:15pm - Flow / Charlotte 9pm - Traditional Hot / Wan</p>	<p>16 6am - Hot Hatha / Jenny 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot / Sandy 5:15pm - KARMA Trad.Hot Music/Caitlin 7pm - Teen Glowga Class / Hayley</p>	<p>17 OM for the Holidays All Classes \$5 Donation 9am - Flow / Charlotte 12pm - Saturday Surprise/Charlotte 4pm - Trad Hot Expand/Heather</p>	
<p>18 OM for the Holidays All Classes \$5 Donation 9am - Mukti - Yvette Noon - Flow / Yvette 2PM - Pre-Natal/75min/Vanessa 4pm - Restorative /Deandra -Trad.Hot Music / Wan</p>	<p>19 6am - Traditional Hot / Hayley 9am - Traditional Hot / Wan 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm - Trad.Hot Core /Yvette 7:15pm - Yin / Yvette NO 9PM CLASS TODAY</p>	<p>20 9am - Hot Hatha / Hayley 12pm - Yoga X / Hayley 3:30pm - Trad.Hot Music/ Wan 5:15pm - Trad.Hot*/26&2/ Wan 7:15pm - Flow / Yvette NO 9PM CLASS TODAY</p>	<p>21 6am - Flow / Charlotte 9am - Flow / Charlotte 12pm - Traditional Hot / Wan 3:30pm - Flow / Charlotte 5:15pm - Mukti / Yvette 7:15pm - Yin / Yvette NO 9PM CLASS TODAY</p>	<p>22 9am - Traditional Hot / Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm Hot Hatha Expand*Charlotte 7:15pm - Flow / Charlotte NO 9PM CLASS TODAY</p>	<p>23 6am - Hot Hatha / Jenny 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot / Sandy 5:15pm - KARMA Trad.Hot Music/Wan NO TEEN CLASS TODAY</p>	<p>24 CHRISTMAS EVE 9am - Flow / Jenny 12pm - Saturday Surprise/Hayley NO 4PM CLASS TODAY</p>	
<p>25 CHRISTMAS DAY HOLIDAY STUDIO CLOSED</p>	<p>26 BOXING DAY HOLIDAY NO 6AM CLASS TODAY 9am - Traditional Hot / Wan 12pm - Mukti / Sandy 3:30pm - Flow / Yvette NO 5:15PM CLASS TODAY NO 7:15PM & 9PM CLASS TODAY</p>	<p>27 9am - Hot Hatha / Hayley 12pm - Yoga X / Hayley 3:30pm - Trad.Hot Music/ Wan 5:15pm - Trad.Hot*/26&2/ Wan 7:15pm - Flow / Yvette NO 9PM CLASS TODAY</p>	<p>28 NO 6AM CLASS TODAY 9am - Flow / Jenny 12pm - Traditional Hot / Wan 3:30pm - Flow / Hayley 5:15pm - Mukti / Trina 7:15pm - Yin / Hayley NO 9PM CLASS TODAY</p>	<p>29 9am - Traditional Hot / Wan 12pm - Hatha / Hayley 3:30pm - Yoga X / Joy 5:15pm Hot Hatha Expand* Joy 7:15pm - Flow / Jenny NO 9PM CLASS TODAY</p>	<p>30 NO 6AM CLASS TODAY 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Traditional Hot / Caitlin 5:15pm - KARMA Trad.Hot Music/Caitlin NO TEEN CLASS TODAY</p>	<p>31 NEW YEARS EVE 9am - Flow / Charlotte 12pm - Saturday Surprise/Charlotte 4pm - Trad Hot Expand/Heather</p>	