

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali - November

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 *

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

250-374-7426

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

#6-953 Laval Crescent, Kamloops, BC V2C5P4

FV102216

		<p>9am - Hot Hatha / Yvette 1</p> <p>12pm - Yoga X / Joy</p> <p>3:30pm - Trad.Hot Music/ Wan</p> <p>5:15pm - Trad.Hot*/26&2/Wan</p> <p>7:15pm - Flow / Yvette</p> <p>9pm - Community Class / Hot Hatha / Val</p>	<p>6am - Flow / Charlotte 2</p> <p>9am - Flow / Charlotte</p> <p>12pm - Traditional Hot / Wan</p> <p>3:30pm - Flow / Charlotte</p> <p>5:15pm - Mukti / Joy</p> <p>7:15pm - Yin / Hayley</p> <p>9pm - Flow / Hayley</p>	<p>9am - Traditional Hot - Wan 3</p> <p>12pm - Hatha / Joy</p> <p>3:30pm - Yoga X / Joy</p> <p>5:15pm Hot Hatha Expand/* Charlotte</p> <p>7:15pm - Flow / Charlotte</p> <p>9pm - Traditional Hot / Wan</p>	<p>6am - Hot Hatha / Jenny 4</p> <p>9am - Mukti / Yvette</p> <p>12pm - Yin / Joy</p> <p>3:30pm - Traditional Hot / Sandy</p> <p>5:15pm - KARMA Trad.Hot Music / Wan</p> <p>7pm - Teen Class / Hayley</p>	<p>9am - Flow / Charlotte 5</p> <p>12pm - Saturday Surprise/Charlotte</p> <p>4pm - Trad Hot Expand/Heather</p>
<p>6</p> <p>9am - Mukti / Yvette</p> <p>Noon - Flow / Yvette</p> <p>4pm - Restorative / Deandra</p> <p>7pm - Trad.Hot Music / Wan</p>	<p>6am - Traditional Hot / Hayley 7</p> <p>9am - Silent Trad.Hot / Joy</p> <p>12pm - Mukti / Sandy</p> <p>3:30pm - Flow / Yvette</p> <p>5:15pm - Trad.Hot Core / Yvette</p> <p>7:15pm - Yin / Joy</p> <p>9pm - Trad Hot Music / Wan</p>	<p>9am - Hot Hatha / Yvette 8</p> <p>12pm - Yoga X / Joy</p> <p>3:30pm - Trad.Hot Music/ Wan</p> <p>5:15pm - Trad.Hot*/26&2/Wan</p> <p>7:15pm - Flow / Yvette</p> <p>9pm - Community Class / Hot Hatha / Val</p>	<p>6am - Flow / Charlotte 9</p> <p>9am - Flow / Charlotte</p> <p>12pm - Traditional Hot / Wan</p> <p>3:30pm - Flow / Charlotte</p> <p>5:15pm - Mukti / Trina</p> <p>7:15pm - Yin / Hayley</p> <p>9pm - Flow / Hayley</p>	<p>9am - Traditional Hot / Wan 10</p> <p>12pm - Hatha / Joy</p> <p>3:30pm - Yoga X / Joy</p> <p>5:15pm Hot Hatha Expand* Charlotte</p> <p>7:15pm - Flow / Charlotte</p> <p>9pm - Traditional Hot / Wan</p>	<p>11</p> <p>REMEMBRANCE DAY HOLIDAY</p> <p>NO 6AM CLASS TODAY</p> <p>9am - Mukti / Trina</p> <p>12pm - Yin / Trina</p> <p>3:30pm - Traditional Hot / Wan</p> <p>5:15pm - KARMA Trad.Hot Music / Wan</p> <p>7pm - Teen Class / Hayley</p>	
<p>13</p> <p>9am - Mukti - Yvette</p> <p>Noon - Flow / Hayley</p> <p>4pm - Gong Live Music/75min/Yin / Joy</p> <p>7pm - Trad.Hot Music / Wan</p>	<p>6am - Traditional Hot / Hayley 14</p> <p>9am - Traditional Hot / Joy</p> <p>12pm - Mukti / Sandy</p> <p>3:30pm - Flow / Yvette</p> <p>5:15pm - Trad.Hot Core / Yvette</p> <p>7:15pm - Yin to Meditation/Joy</p> <p>9pm - Trad Hot Music / Wan</p>	<p>9am - Hot Hatha / Yvette 15</p> <p>12pm - Yoga X / Joy</p> <p>3:30pm - Trad.Hot Music/ Wan</p> <p>5:15pm - Trad.Hot*/26&2/ Wan</p> <p>7:15pm - Flow / Yvette</p> <p>9pm - Community Class / Hot Hatha / Val</p>	<p>6am - Flow / Charlotte 16</p> <p>9am - Flow / Charlotte</p> <p>12pm - Traditional Hot / Wan</p> <p>3:30pm - Flow / Charlotte</p> <p>5:15pm - Mukti / Trina</p> <p>7:15pm - Yin / Hayley</p> <p>9pm - Flow / Hayley</p>	<p>9am - Traditional Hot - Wan 17</p> <p>12pm - Hatha / Joy</p> <p>3:30pm - Yoga X / Joy</p> <p>5:15pm Hot Hatha Expand* Charlotte</p> <p>7:15pm - Flow / Charlotte</p> <p>9pm - Traditional Hot / Wan</p>	<p>6am - Hot Hatha / Jenny 18</p> <p>9am - Mukti / Trina</p> <p>12pm - Yin / Joy</p> <p>3:30pm - Traditional Hot / Sandy</p> <p>5:15pm - KARMA Hot Hatha Music/Val</p> <p>7pm - Teen Class / Hayley</p>	
<p>9am - Mukti - Yvette 20</p> <p>Noon - Flow / Yvette</p> <p>Workshop -1:30 - 3:30PM</p> <p>Pain Care Yoga / 2hrs w/Donna / Extra Fee Applies</p> <p>4pm - Yin / Sandy</p> <p>7pm - Trad.Hot Music / Wan</p>	<p>6am - Traditional Hot / Hayley 21</p> <p>9am - Traditional Hot / Joy</p> <p>12pm - Mukti / Sandy</p> <p>3:30pm - Flow / Yvette</p> <p>5:15pm - Trad.Hot Core / Yvette</p> <p>7:15pm - Yin / Joy</p> <p>9pm - Trad. Hot Music / Wan</p>	<p>9am - Hot Hatha / Yvette 22</p> <p>12pm - Yoga X / Joy</p> <p>3:30pm - Trad.Hot Music/ Wan</p> <p>5:15pm - Trad.Hot*/26&2/ Wan</p> <p>7:15pm - Flow / Yvette</p> <p>9pm - Community Class / Hot Hatha / Val</p>	<p>6am - Flow / Charlotte 23</p> <p>9am - Flow / Charlotte</p> <p>12pm - Traditional Hot / Wan</p> <p>3:30pm - Flow / Charlotte</p> <p>5:15pm - Mukti / Trina</p> <p>7:15pm - Yin / Hayley</p> <p>9pm - Flow / Hayley</p>	<p>9am - Traditional Hot / Wan 24</p> <p>12pm - Hatha / Joy</p> <p>3:30pm - Yoga X / Joy</p> <p>5:15pm Hot Hatha Expand*Charlotte</p> <p>7:15pm - Flow / Charlotte</p> <p>9pm - Traditional Hot / Wan</p>	<p>6am - Hot Hatha / Jenny 25</p> <p>9am - Mukti / Trina</p> <p>12pm - Yin / Joy</p> <p>3:30pm - Traditional Hot / Sandy</p> <p>5:15pm - KARMA Trad.Hot Music/Wan</p> <p>7pm - Teen Class / Hayley</p>	
<p>27</p> <p>9am - Mukti - Yvette</p> <p>Noon - Flow / Hayley</p> <p>4pm - Yin / Hayley</p> <p>7pm - Trad.Hot Music / Wan</p>	<p>6am - Traditional Hot / Hayley 28</p> <p>9am - Silent Trad,Hot / Joy</p> <p>12pm - Mukti / Sandy</p> <p>3:30pm - Flow / Yvette</p> <p>5:15pm - Trad.Hot Core / Yvette</p> <p>7:15pm - Yin to Meditation/Joy</p> <p>9pm - Trad.Hot Music / Wan</p>	<p>9am - Hot Hatha / Yvette 29</p> <p>12pm - Yoga X / Joy</p> <p>3:30pm - Trad.Hot Music/ Wan</p> <p>5:15pm - Trad.Hot*/26&2/ Wan</p> <p>7:15pm - Flow / Yvette</p> <p>9pm - Community Class / Hot Hatha / Val</p>	<p>6am - Flow / Charlotte 30</p> <p>9am - Flow / Charlotte</p> <p>12pm - Traditional Hot / Wan</p> <p>3:30pm - Flow / Charlotte</p> <p>5:15pm - Mukti / Trina</p> <p>7:15pm - Yin / Hayley</p> <p>9pm - Flow / Hayley</p>			