

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sahali - October

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

						9am - Flow / Jenny 12pm - Yoga Sculpt / Heather 4pm - Trad Hot Expand/Heather	1
9am - Mukti - Yvette Noon - Flow / Deandra 4pm - Yin - Sandy 7pm - Trad.Hot Music / Wan	2 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	3 9am - Flow / Hayley 12pm - Yoga X / Hayley 3:30pm - Traditional Hot - Wan 5:15pm - Flow* / Kim 7:15pm - Trad Hot Music - Wan 9pm - Community Class / Hot Hatha / Val	4 6am - Flow / Jenny 9am - Hot Hatha - Yvette 12pm - Traditional Hot - Wan 3:30pm - Flow / Kim 5:15pm - Mukti - Trina 7:15pm - Yin - Hayley 9pm - Flow / Hayley	5 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X - Joy 5:15pm - Hot Hatha Expand/* Yvette 7:15pm - Flow - Yvette 9pm - Traditional Hot / Wan	6 6am - Hot Hatha / Heather 9am - Mukti / Trina 12pm - Yin / Joy 3:30pm - Trad Hot / Sandy 5:15pm - KARMA Trad Hot Music with Wan	7 9am - Flow / Jenny 12pm - Yoga Sculpt / Heather 4pm - Trad Hot Expand/Heather	8
Thanksgiving Day Weekend 9am - Mukti - Yvette Noon - Flow / Jenny 4pm - Yin - Warren NO 7PM CLASS TODAY	9 Thanksgiving Day Holiday NO 6AM CLASS TODAY 9am- Traditional Hot / Hayley 12pm - Mukti / Trina 3:30pm - Flow / Yvette NO 5:15pm & 7pm CLASSES NO 9PM CLASS TODAY	10 9am - Flow / Hayley 12pm - Yoga X / Hayley 3:30pm - Traditional Hot - Wan 5:15pm - Flow* / Jenny 7:15pm - TradHot Music / Wan 9pm - Community Class / Hot Hatha / Val	11 6am - Flow / Jenny 9am - Hot Hatha - Yvette 12pm - Traditional Hot - Wan 3:30pm - Flow / Kim 5:15pm - Mukti - Trina 7:15pm - Yin - Hayley 9pm - Flow / Hayley	12 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X - Joy 5:15pm - Hot Hatha Expand* Yvette 7:15pm - Flow - Yvette 9pm - Traditional Hot/Wan	13 6am - Hot Hatha / Heather 9am - Mukti - Trina 12pm - Yin - Joy 3:30pm - Traditional Hot / Sandy 5:15pm - KARMA Trad Hot Music with Dwight 7:30pm - Glowga / Hayley	14 9am - Flow / Jenny 12pm - Yoga Sculpt / Caitlin 4pm - Trad Hot Expand/Heather	15
30 Day Challenge Ends 9am - Mukti - Yvette Noon - Flow / Jenny 4pm - Live Music / 90min Gentle Hatha to Yin with Natalie & Deandra * 7pm - Trad.Hot/Music / Wan	16 6am - Traditional Hot / Hayley 9am - Traditional Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm - Trad.Hot Core / Yvette 7:15pm - Yin to Meditation / Joy 9pm - Trad Hot Music / Wan	17 9am - Flow / Hayley 12pm - Yoga X / Hayley 3:30pm - Traditional Hot - Wan 5:15pm - Flow* / Kim 7:15pm - Trad Hot Music - Wan 9pm - Community Class / Hot Hatha / Val	18 6am - Flow - Deandra 9am - Hot Hatha - Yvette 12pm - Traditional Hot - Wan 3:30pm - Flow / Kim 5:15pm - Mukti - Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	19 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm - Hot Hatha Expand* Yvette 7:15pm - Flow / Yvette 9pm - Traditional Hot/Wan	20 6am - Hot Hatha / Heather 9am - Mukti - Trina 12pm - Yin / Joy 3:30pm - Trad Hot / Sandy 5:15pm - KARMA Trad Hot Music with Wan	21 9am - Flow / Jenny 12pm - Yoga Sculpt / Caitlin 4pm - Trad Hot Expand/Heather	22
9am - Mukti - Yvette Noon - Flow / Deandra 4pm - Yin - Sandy 7pm - Trad.Hot Music / Caitlin	23 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	24 9am - Flow / Hayley 12pm - Yoga X / Hayley 3:30pm - Traditional Hot - Wan 5:15pm - Flow* / Kim 7:15pm - Trad Hot Music - Wan 9pm - Community Class / Hot Hatha / Val	25 6am - Flow - Deandra 9am - Hot Hatha - Yvette 12pm - Traditional Hot - Wan 3:30pm - Flow / Kim 5:15pm - Mukti - Trina 7:15pm - Yin / Hayley 9pm - Flow / Hayley	26 9am - Traditional Hot - Wan 12pm - Hatha / Joy 3:30pm - Yoga X / Joy 5:15pm - Hot Hatha Expand* Yvette 7:15pm - Flow / Yvette 9pm - Traditional Hot / Wan	27 6am -Hot Hatha / Heather 9am - Mukti - Trina 12pm - Yin / Joy 3:30pm - Trad Hot / Sandy NO 5:15PM CLASS TODAY DUE TO BRAM WORKSHOP PLEASE USE THE BROCK STUDIO 7pm - 10pm - Bram Workshop	28 8:30am-11am - Bram Workshop NO CLASSES TODAY DUE TO BRAM WORKSHOP PLEASE USE THE BROCK STUDIO 1:30PM - 4:30pm- Bram Workshop	29
8:30am-11am / Bram Workshop NO 9AM CLASS TODAY NO NOON CLASS TODAY 1:30am-4:30pm / Bram Workshop NO 4PM CLASS TODAY 7pm - Trad.Hot Music / Wan	30 6am - Traditional Hot / Hayley 9am - Traditional Hot / Joy 12pm - Mukti / Sandy 3:30pm - Flow / Yvette 5:15pm - Trad.Hot Core / Yvette 7:15pm - Yin to Meditation / Joy 9pm - Traditional Hot Music / Wan	31					