

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brock - January

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

90mins: Mondays at 6PM

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

Rev.010417

1
NEW YEARS DAY HOLIDAY

STUDIO CLOSED

2
9am - Traditional Hot / Hayley

4pm - Mukti Music / Trina
6pm-Trad.Hot/26&2/90min/War
NO 8PM CLASS TODAY

3
9am - Hot Hatha / Joy

4pm - Traditional Hot / Leilani
6pm - Trad Hot Core / Aimee
8pm - Yin / Hayley

4
9am -Trad.Hot Expand/Leilani

4pm - Hot Hatha / Yvette
6pm - Yoga X / Joy
8pm - Gentle Hatha / Joy

5
9am - Hot Hatha / Hayley

4pm - Yin / Hayley
6pm-Trad Hot Music/Heather

6
9am - Traditional Hot/Joy

4pm - Trad.Hot Expand / Hayley
6pm-KarmaTrad.Hot Music/Aimee

7
30/60 Day Challenge Begins
10am - Traditional Hot / Aimee
Noon - Kids Yoga / 3 to 10 yrs
with Aimee
4pm-Yin/Live Music/1hr/Yvette

8
10am - Traditional Hot / Wan
12PM to 1:30 - YOGA BASICS
CLASS WITH JOY
2PM - Abundant Bodies/1hr
Heather/Session Fee Applies
4pm-Trad.Hot Expand/Heather

9
9am - Traditional Hot / Hayley
1PM - PRIVATE CLASS / VAL
4pm - Mukti Music / Trina
6pm-Trad.Hot/26&2/90min/War
8pm - Trad Hot Music / Aimee

10
9am - Hot Hatha / Joy

4pm - Traditional Hot / Leilani
6pm - Trad Hot Core / Aimee
8pm - Yin / Hayley

11
9am -Trad.Hot Expand/Leilani

4pm - Hot Hatha / Yvette
6pm - Yoga X / Joy
8pm - Gentle Hatha / Joy

12
9am - Hot Hatha / Hayley
4pm - Yin / Yvette
6pm -Trad.Hot Music/Heather
7:30PM - Abundant Bodies/1hr
Heather/Session Fee Applies

13
9am - Silent Traditional Hot/Joy

4pm - Trad.Hot Expand / Hayley
6pm - Karma Trad.Hot Music/Aimee

14
10am - Traditional Hot / Aimee
Noon - Kids Yoga / 3 to 10 yrs
with Aimee
4pm - Yin to Nidra / Yvette

15
10am - Traditional Hot / Wan

2PM - Abundant Bodies / 1hr
Heather/Session Fee Applies
4pm-Trad.Hot Expand/Heather

16
9am - Traditional Hot / Dwight

4pm - Mukti Music / Trina
6pm-Trad.Hot/26&2/90min/War
8pm - Trad Hot Music / Aimee

17
9am - Hot Hatha/Joy

4pm - Traditional Hot / Leilani
6pm - Trad Hot Core / Aimee
8pm - Yin / Hayley

18
9am -Trad.Hot Expand/Leilani

4pm - Hot Hatha / Val
6pm - Yoga X / Joy
8pm - Gentle Hatha / Joy

19
9am - Hot Hatha / Hayley
4pm - Yin / Hayley
6pm -Trad.Hot Music/Heather
7:30PM - Abundant Bodies/1hr
Heather/Session Fee Applies

20
9am - Traditional Hot / Joy

4pm - Trad.Hot Expand / Hayley
6pm-Karma Trad.Hot Music/Dwight

21
10am - Traditional Hot / Hailey
Noon - FAMILY CLASS / Aimee
4pm - Yin / 1hr / Yvette

22
10am - Traditional Hot / Wan

2PM - Abundant Bodies / 1hr
Heather/Session Fee Applies
4pm-Trad.Hot Expand/Heather

23
9am - Traditional Hot / Hayley
1PM - PRIVATE CLASS / VAL
4pm - Mukti Music / Trina
6pm-Trad.Hot/26&2/90min/War
8pm - Trad Hot Music / Aimee

24
9am - Hot Hatha / Joy

4pm - Traditional Hot / Hayley
6pm - Trad Hot Core / Aimee
8pm - Yin / Hayley

25
9am -Trad.Hot Expand/Wan

4pm - Hot Hatha / Yvette
6pm - Yoga X / Joy
8pm - Gentle Hatha / Joy

26
9am - Hot Hatha / Hayley
4pm - Yin / Yvette
6pm -Trad.Hot Music/Heather
7:30PM - Abundant Bodies/1hr
Heather/Session Fee Applies

27
9am - Silent Trad.Hot / Joy

4pm - Trad.Hot Expand / Hayley
6pm-Karma Trad.Hot Music/Aimee

28
10am - Traditional Hot / Aimee
Noon - Kids Yoga / 3 to 10 yrs
with Aimee
4pm - Yin to Nidra / 1hr / Yvette

29
10am - Traditional Hot / Wan

2PM - Abundant Bodies/1hr
Heather/Session Fee Applies
4pm-Trad.Hot Expand/Heather

30
9am - Traditional Hot / Hayley

4pm - Mukti Music / Trina
6pm-Trad.Hot/26&2/90min/War
8pm - Trad Hot Music / Aimee

31
9am - Hot Hatha / Joy

4pm - Traditional Hot / Hayley
6pm - Trad Hot Core / Aimee
8pm - Yin / Hayley