

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Brock - July

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
 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

REVISED 06.26.17

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2 CANADA DAY HOLIDAY WKND 10am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin	3 CANADA DAY HOLIDAY WKND 9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin NO 6PM & 8PM CLASSES	4 9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin 6pm - Trad Hot Core / Heather 7PM - Yoga in the Park at McDonald Park with Aimee	5 9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin 6pm - Traditional Hot / Joy 8pm - Yin /Joy	6 9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin 6pm -Trad.Hot Music /Heather	7 9am - Hot Hatha / Kristin 4pm - Warm Hatha Vinyasa with Kristin 6pm - Karma Traditional Hot Music with Aimee	8 10am - Traditional Hot / Aimee 4pm - Yin / Yvette	
9 10am - Traditional Hot / Wan 4PM - Gentle Hatha / Val	10 9am - Traditional Hot / Hayley 1PM - PRIVATE CLASS/Michelle 4pm - Mukti Music / Sandy 6pm-Trad.Hot/26&2/90m/ Wan 8pm - Trad. Hot Music / Aimee	11 9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 7PM - Yoga in the Park at McDonald Park with Joy	12 9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Traditional Hot / Joy 8pm - Yin /Joy	13 9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm -Trad.Hot Music /Heather	14 9am - Traditional Hot / Joy 4pm - Flow / Leilani 6pm - Karma Traditional Hot Music with Leilani	15 10am - Traditional Hot / Aimee 4pm - Yin / Yvette	
16 10am - Traditional Hot / Wan 4PM - Gentle Hatha / Val	17 9am - Traditional Hot / Heather 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m/ Wan 8pm - Trad. Hot Music / Aimee	18 9am - Hot Hatha / Joy 4pm - Traditional Hot / Leilani 6pm - Trad Hot Core / Aimee 7PM - Yoga in the Park at McDonald Park with Caitlin	19 9am -Trad.Hot Expand/Leilani 4pm - Hot Hatha / Yvette 6pm - Traditional Hot / Joy 8pm - Yin /Joy	20 9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm -Trad.Hot Music /Heather	21 9am - Traditional Hot / Joy 4pm - Flow / Leilani 6pm - Karma Traditional Hot Music with Aimee	22 10am - Traditional Hot / Aimee 4pm - Yin / Yvette	
23 10am - Traditional Hot / Wan 4PM - Gentle Hatha / Val	24 9am - Traditional Hot / Wan 1PM - PRIVATE CLASS/Michelle 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m/Dwight 8pm - Trad. Hot Music / Aimee	25 9am - Hot Hatha / Joy 4pm - Traditional Hot / Sandy 6pm - Trad Hot Core / Aimee 7PM - Yoga in the Park at McDonald Park with Wan	26 9am -Trad.Hot Expand / Wan 4pm - Hot Hatha / Yvette 6pm - Traditional Hot / Joy 8pm - Yin /Joy	27 9am - Hot Hatha / Hayley 4pm - Yin / Yvette 6pm -Trad.Hot Music /Heather	28 9am - Traditional Hot / Val 4pm - Flow / Hayley 6pm-Karma Traditional Hot Music with Hayley	29 10am - Traditional Hot / Aimee 4pm - Yin / Yvette	
30 10am - Traditional Hot / Wan 4PM - Gentle Hatha / Val	31 9am - Traditional Hot /Sandy 4pm - Mukti Music / Trina 6pm-Trad.Hot/26&2/90m / Wan 8pm - Trad Hot Music / Aimee						