

Emergence Yoga Kiama *Booking your Spot*

Please book your spot by contacting the instructor directly, as spaces are limited, and bring your own mat

Monday Classes

7.30am Asana & Pranayama Jodie: 0423 499 878
9am Tai Chi Alan: 0414 445 579
6pm Vinyasa Jess: 0403 291 242

Tuesday Classes

9.30am Hatha Flow Cherie: 0404 484005
11.30am Awaken Intuition Rebs: 0406 410 003

Wednesday Classes

6am Vinyasa Jess: 0403 291 242
8.30am Pilates & Cynthia: 0432 910 474
9.30am Adult Ballet
6pm Community Yoga Tony: 0427 055 256

Thursday Classes

7am Broga Bruce: 0418 307 808
9.30am Hatha Flow Cherie: 0404 484 005
6pm Tai Chi Alan: 0414 445 579

Friday Classes

7.30am Asana & Pranayama Jodie: 0423 499 878
9.30am Yin Tony: 0427 055 256
11.30am Mums & Bubs Ali: 0416 006 424

Saturday & Sunday Vinyasa

8.30am Saturday Katie: 0432 168 575
8.30am Sunday Tayla: 0431 478 940