

# *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*

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9am Tai Chi      Alan: 0414 445 579  
11am Vinyasa      Tammie: 0420 372 977  
6pm Vinyasa      Jess: 0403 291 242

## *Tuesday Classes*

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9.30am Hatha Flow      Cherie: 0404 484005  
11.30am Intuitive      Rebs: 0406 410 003  
Development  
6pm Drumming      Jeremy: 0419 404 840

## *Wednesday Classes*

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6am Vinyasa      Jess: 0403 291 242  
8.30am Pilates &      Cynthia: 0432 910 474  
9.30am Adult Ballet  
6pm Community Yoga      Tony: 0427 055 256  
7.30pm Prenatal Yoga      Kate: 0450 701 630

## *Thursday Classes*

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

## *Friday Classes*

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9.30am Yin      Tony: 0427 055 256  
11.30am Mums &      Ali: 0416 006 424  
Bubs

## *Saturday & Sunday Vinyasa*

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