




Show Me Yoga Center **Fall** Class Schedule, September 5-December 31, 2006*

Yoga without limits! Take as many classes as you like, pay what you want.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:15-9:45 am Intermediate Sallie	
		10:00-11:00 am Yoga Basics Judi	9:30-11:00 am Yoga Mix Megan		10:00-11:00 am Yoga Basics Sallie	
	12:05-12:50 pm Lunch Break Megan		12:05-12:50 pm Lunch Break Jan			
4:15-5:15 pm Yoga Basics Sallie			4:30-5:20 pm YogaTeen Megan			
5:30-6:30 pm Yoga Basics Kevin	5:30-7:00 pm Gentle Yoga Jan	5:30-7:00 pm Intermediate Megan	5:30-6:30 pm Yoga Mix Megan	5:30-6:30 pm Yoga Basics Jan		
6:30-7:30 pm Breakthrough Kevin						

*No classes Nov.23-26, Dec. 23-25. Schedule is subject to change. (Revised 10/1/06)

Call (573) 636-5656 or visit www.showmeyoga.com for updates.

101A W. High St., Jefferson City, MO 6501; Corner of High and Jefferson, across from the Capitol