



Show Me Yoga Center **SPRING** Class Schedule, April 1-May 31, 2006

Monday	Tuesday		Wednesday	Thursday		Friday	Saturday	Sunday
			10:00-11:00 am Yoga Basics Judi	9:30-11:00 am Yoga Mix Megan			8:15-9:45 am Intermediate Sallie	
							10:00-11:00 am Yoga Basics Sallie	
4:15-5:15 pm Yoga Basics Sallie				4:30-5:20 pm YogaTeen Megan				1:00-2:30 pm Yoga Mix Staff
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 Basics Sallie	5:30-6:30 pm Yoga Mix Megan	5:30-6:30 pm Yoga Basics Jan			
6:30-7:30 pm Breakthrough Kevin								

Revised 4/5/06. Schedule subject to change. Call (573) 636-5656 or visit www.showmeyoga.com for updates.

101A W. High St., Jefferson City, MO 6501

Corner High and Jefferson, across from the Capitol