




Invest in a healthy body, mind, and spirit with yoga.

Class Schedule: March 2010

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
	9:00-10:00 am Chair Yoga* Alberta							8:00-9:30 am Yoga Mix Sallie	
					9:30-11:00 am Yoga Mix Megan S.				
	12:05-12:50 pm Lunch Break Megan S.				12:05-12:50 pm Lunch Break Megan S.				
									5:00-6:00 pm Yoga Basics Jen
5:30-6:45 pm Yoga Mix Kevin	5:30-7:00 pm Gentle Yoga Jan	5:30-7:00 pm Intermediate Megan S.	5:30-6:45 pm Yoga Basics Sallie	5:30-6:15 pm Breakthrough Kevin	5:30-6:30 pm Yoga Mix Jen	5:30-6:30 pm Yoga Basics Jan			6:15-7:00 pm Meditation Jackie
7:00-7:45 pm Breakthrough Kevin									

Schedule is subject to change. visit www.showmeyoga.com for updates.

All classes except Chair Yoga* are held at 101A West High, Jefferson City, MO

*Chair Yoga is jointly offered with the Unitarian Universalist Fellowship at 1021 Northeast Drive. (handicap accessible)