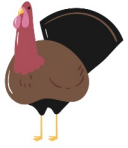




NUTRITIOUS MOVEMENT.
CENTER NORTHWEST

NOVEMBER CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SPECIAL EVENTS
		9:00 am–10:15 pm Embodied Flow with Ivy	9:30–10:30 am STRETCH STRONG with Katy		1	2 9:30–10:30 am STRETCH STRONG with Katy	MOVE YOUR DNA WORKSHOPS Nov 2–3 with Margot More details/ register at nmcenternw.com
3	4 11:30 am–12:30 pm Kinstretch with Ozi	5 9:00 am–10:15 pm Embodied Flow with Ivy	6 9:30–10:30 am STRETCH STRONG with Katy	7	8	9 9:30–10:30 am STRETCH STRONG with Libby	
10	11 11:30 am–12:30 pm Kinstretch with Ozi	12 9:00 am–10:15 pm Embodied Flow with Ivy	13 9:30–10:30 am STRETCH STRONG with Michael	14	15	16 9:30–10:30 am STRETCH STRONG with Katy	
17	18 11:30 am–12:30 pm Kinstretch with Ozi	19	20 9:30–10:30 am STRETCH STRONG with Katy	21	22	23 9:30–10:30 am STRETCH STRONG with Katy	
24	25 11:30 am–12:30 pm Kinstretch with Ozi	26 9:00 am–10:15 pm Embodied Flow with Ivy	27 9:30–10:30 am STRETCH STRONG with Margot	28 	29	30 9:30–10:30 am STRETCH STRONG with Margot	

Visit NMcenterNW.com for information about classes, workshops and more.