



NUTRITIOUS MOVEMENT.
CENTER NORTHWEST

DECEMBER CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 11:30 am–12:30 pm Kinstretch with Ozi	3	4 9:30–10:30 am STRETCH STRONG with Katy	5	6	7 9:30–10:30 am STRETCH STRONG with Katy	
8	9	10 9:00 am–10:15 pm Embodied Flow with Ivy	11 9:30–10:30 am STRETCH STRONG with Katy	12	13	14 9:30–10:30 am STRETCH STRONG with Libby	
15	16 11:30 am–12:30 pm Kinstretch with Ozi	17 9:00 am–10:15 pm Embodied Flow with Ivy	18 9:30–10:30 am STRETCH STRONG with Katy	19	20	21 9:30–10:30 am STRETCH STRONG with Katy	
22	23 11:30 am–12:30 pm Kinstretch with Ozi	24	25 NO CLASS	26	27	28 9:30–10:30 am STRETCH STRONG with Katy	
29	30 11:30 am–12:30 pm Kinstretch with Ozi	31 9:00 am–10:15 pm Embodied Flow with Ivy					

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