


MARCH CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 9:30–10:30 am STRETCH STRONG with Katy	<u>SPECIAL EVENTS</u> Move Your DNA Weekend Workshops! See below; May 17–18 with Michael K. Aug 23–24 with Michael K. Visit the website to register.
2	3 11:30 am–12:30 pm Kinstretch with Ozi	4 9:00 am–10:15 pm Embodied Flow with Ivy	5 9:30–10:30 am STRETCH STRONG with Katy	6	7	8 9:30–10:30 am STRETCH STRONG with TBD	
9	10 11:30 am–12:30 pm Kinstretch with Ozi	11 9:00 am–10:15 pm Embodied Flow with Ivy	12 9:30–10:30 am STRETCH STRONG with Michael	13	14	15 9:30–10:30 am STRETCH STRONG with Libby	
16	17 11:30 am–12:30 pm Kinstretch with Ozi	18 9:00 am–10:15 pm Embodied Flow with Ivy	19 9:30–10:30 am STRETCH STRONG with Katy	20	21	22 9:30–10:30 am STRETCH STRONG with Katy	
23	24 11:30 am–12:30 pm Kinstretch with Ozi	25 9:00 am–10:15 pm Embodied Flow with Ivy	26 9:30–10:30 am STRETCH STRONG with Katy	27	28	29 9:30–10:30 am STRETCH STRONG with Katy	
30	31						
							

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