

MAY CLASSES

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



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