



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Childminding is available: Mondays 10-5pm Wednesdays 1-5pm Thursdays 1-4pm			Babies at Play Level 1 10am-11am Babies at Play Level 2 11am-12pm Babies at Play Level 1 12pm-1pm Motherhood Portrait Session 1:30pm-4:30pm	Prenatal Yoga 10am Postpartum Return to Run 1pm-2pm
3	4	Mom & Baby Yoga 12pm-1pm Prenatal Yoga 5:30pm Practical Tips for an Easier Pregnancy 7pm-8pm	Core (Re)Connect Mom & Baby Fitness 11am-12pm Core (Re)Connect Mom & Baby Fitness 12pm-1pm Prenatal Yoga 5:30pm Hypnobirthing 7pm-9:30pm	Baby Steps Level 1 10am-11am Baby Steps Level 2 11am-12pm Baby Steps Level 1 12pm-1pm Sunscreen 101 1pm-2pm Prenatal Yoga 5:30pm Sunscreen 101 7pm-8pm	8	9
10	11	Starting Solids 9am-11am Mom & Baby Yoga 12pm-1pm Prenatal Yoga 5:30pm Postpartum Pelvic Health Recovery 7pm-8pm	Core (Re)Connect Mom & Baby Fitness 11am-12pm Core (Re)Connect Mom & Baby Fitness 12pm-1pm Prenatal Yoga 5:30pm	Baby Steps Level 1 10am-11am Baby Steps Level 2 11am-12pm Baby Steps Level 1 12pm-1pm Prenatal Yoga 5:30pm Evidence Based Basics for Birth 7pm-8pm	15	16
17	18	Mom & Baby Yoga 12pm-1pm Infant Massage 1:30pm-2:30pm Prenatal Yoga 5:30pm FREE Doula Info Night 7pm-8pm	Core (Re)Connect Mom & Baby Fitness 11am-12pm Core (Re)Connect Mom & Baby Fitness 12pm-1pm Prenatal Yoga 5:30pm Pelvic Floor Basics for Birth 7pm-8pm	Baby Steps Level 1 10am-11am Baby Steps Level 2 11am-12pm Baby Steps Level 1 12pm-1pm Prenatal Yoga 5:30pm Naturpathic Medicine 101 7pm-8pm	22	23
24	25	Mom & Baby Yoga 12pm-1pm Prenatal Yoga 5:30pm FREE Midwives Info Session 7pm-9:30pm	Core (Re)Connect Mom & Baby Fitness *New Series* 11am-12pm Core (Re)Connect Mom & Baby Fitness *New Series* 12pm-1pm Prenatal Yoga 5:30pm	Baby Steps Level 1 10am-11am Baby Steps Level 2 11am-12pm Baby Steps Level 1 12pm-1pm Hypnobirthing *New Series* 3pm-5:30pm Prenatal Yoga 5:30pm	29	30