



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Childminding is available: Mondays 10:00am-5:00pm Some Tuesdays from 2:00pm to 5:00pm Wednesdays 1:00pm-5:00pm Thursdays 1:00pm-4:00pm</p>						<p>1 Prenatal Yoga 10:00am-11:00am</p> <p>Childbirth 101 12:00pm-6:00pm</p>
<p>2 Hypnobirthing 3:00pm-5:30pm</p>	<p>3 Infant Developmental Milestones 10:00am-11:00am</p> <p>Prenatal Yoga 5:30pm-6:30pm</p>	<p>4 Mom & Baby Yoga 10:00am-11:00am</p> <p>Mom & Baby Yoga 11:30am-12:30pm</p> <p>Prenatal Yoga 5:30pm-6:30pm</p>	<p>5 Core (Re)Connect 11:00am-12:00pm</p> <p>Prenatal Yoga 5:30pm-6:30pm</p> <p>Postnatal Pelvic Recovery Bssics 7:00pm-8:00pm</p>	<p>6 Baby Steps Level 2 11:00am-12:00pm</p> <p>Baby Steps Level 1 12:00-1:00pm</p> <p>Prenatal Yoga 5:30pm-6:30pm</p>	<p>7 Prenatal Yoga 5:30pm-6:30pm</p>	<p>8 Prenatal Yoga 10:00am-11:00am</p> <p>Childbirth 101 12:00pm-6:00pm</p>
<p>9 Infant CPR 9:30am-12:30pm</p> <p>Hypnobirthing 3:00pm-5:30pm</p>	<p>10 Prenatal Yoga 5:30pm-6:30pm</p> <p>Acupressure for Labour & Birth 7:00pm-8:00pm</p>	<p>11 Mom & Baby Yoga 10:00am-11:00am</p> <p>Mom & Baby Yoga 11:30am-12:30pm</p> <p>The Independent Sleeper 12:30pm-2:30pm</p> <p>Prenatal Yoga 5:30pm-6:30pm</p> <p>Practical Tips for an Easier Pregnancy 7:00pm-8:00pm</p>	<p>12 Core (Re)Connect 11:00am-12:00pm</p> <p>Prenatal Yoga 5:30pm-6:30pm</p>	<p>13 Baby Steps Level 2 11:00am-12:00pm</p> <p>Baby Steps Level 1 12:00pm-1:00pm</p> <p>Prenatal Yoga 5:30pm-6:30pm</p> <p>Naturopathic Medicine 101 7:00pm-8:00pm</p>	<p>14 Prenatal Yoga 5:30pm-6:30pm</p>	<p>15 Prenatal Yoga 10:00am-11:00am</p>
<p>16 Hypnobirthing 3:00pm-5:30pm</p>	<p>17 Prenatal Yoga 5:30pm-6:30pm</p> <p>Pelvic Floor Basics for Birth 7:00pm-8:00pm</p>	<p>18 Mom & Baby Yoga 10:00am-11:00am</p> <p>Mom & Baby Yoga 11:30am-12:30pm</p> <p>Infant Massage 1:30pm-2:30pm</p> <p>Newborn Sleep SOS 3:00pm-5:00pm</p> <p>Prenatal Yoga 5:30pm-6:30pm</p> <p>Free Doula Info Night 7:00pm-8:00pm</p>	<p>19 Core (Re)Connect 11:00am-12:00pm</p> <p>Prenatal Yoga 5:30pm-6:30pm</p>	<p>20 Prenatal Yoga 5:30pm-6:30pm</p>	<p>21 Prenatal Yoga 5:30pm-6:30pm</p>	<p>22 Prenatal Yoga 10:00am-11:00am</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27 Prenatal Yoga 5:30pm-6:30pm</p>	<p>28</p>	<p>29</p>
<p>30</p>	<p>31</p>					