



JANUARY 2019

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>		1	2	3	4	5
			Prenatal Yoga 5:30pm-6:30pm	Prenatal Yoga 5:30pm-6:30pm	Prenatal Yoga 5:30pm-6:30pm	Prenatal Yoga 10:00am-11:00am
6	7	8	9	10	11	12
Infant CPR 9:30am-12:30pm	Acupressure for Labour & Birth 7:00pm-8:00pm	Mom & Baby Yoga ★ 10:00am-11:00am Mom & Baby Yoga ★ 11:30am-12:30pm The Independent Sleeper 2:30pm-4:30pm Prenatal Yoga 5:30pm-6:30pm	Strength Training ★ for Mamas 11:00am-12:00pm Prenatal Yoga 5:30pm-6:30pm	Baby Steps Level 2 ★ 11:00am-12:00pm Baby Steps Level 1 ★ 12:00-1:00pm Prenatal Yoga 5:30pm-6:30pm Postnatal Pelvic Recovery Basics 7:00pm-8:00pm	Prenatal Yoga 5:30pm-6:30pm	Prenatal Yoga 10:00am-11:00am Newborn Care 101 1:00pm-4:00pm
13	14	15	16	17	18	19
Hypnobirthing ★ 3:00pm-5:30pm	Childbirth 101 ★ 7:00pm-9:30pm	Mom & Baby Yoga 10:00am-11:00am Mom & Baby Yoga 11:30am-12:30pm Prenatal Yoga 5:30pm-6:30pm Free Doula Info Night 7:00pm-8:00pm	Strength Training for Mamas 11:00am-12:00pm Prenatal Yoga 5:30pm-6:30pm	Baby Steps Level 2 11:00am-12:00pm Baby Steps Level 1 12:00pm-1:00pm Prenatal Yoga 5:30pm-6:30pm Pelvic Floor Basics for Birth 7:00pm-8:00pm	Prenatal Yoga 5:30pm-6:30pm	Prenatal Yoga 10:00am-11:00am
20	21	22	23	24	25	26
Hypnobirthing 3:00pm-5:30pm	Babywearing Meetup 9:30am-10:30am Childbirth 101 7:00pm-9:30pm	Mom & Baby Yoga 10:00am-11:00am Mom & Baby Yoga 11:30am-12:30pm Prenatal Yoga 5:30pm-6:30pm Practical Tips for an Easier Pregnancy & a Better Birth 7:00pm-8:00pm	Strength Training for Mamas 11:00am-12:00pm Prenatal Yoga 5:30pm-6:30pm Prenatal Restorative Yoga 7:00pm-8:30pm	Baby Steps Level 2 11:00am-12:00pm Baby Steps Level 1 12:00pm-1:00pm Prenatal Yoga 5:30pm-6:30pm	Prenatal Yoga 5:30pm-6:30pm	Prenatal Yoga 10:00am-11:00am
27	28	29	30	31	★ = New Series!	
Hypnobirthing 3:00pm-5:30pm	Infant Developmental Milestones 10:00am-11:00am Childbirth 101 7:00pm-9:30pm	Mom & Baby Yoga 10:00am-11:00am Mom & Baby Yoga 11:30am-12:30pm Prenatal Yoga 5:30pm-6:30pm Breastfeeding 101 7:00pm-8:00pm	Strength Training for Mamas 11:00am-12:00pm Prenatal Yoga 5:30pm-6:30pm	Baby Steps Level 2 11:00am-12:00pm Baby Steps Level 1 12:00pm-1:00pm Prenatal Yoga 5:30pm-6:30pm		