

April

Amazing Births & Beyond



WEEKLY FITNESS CLASS OPTIONS
<ul style="list-style-type: none">• PRENATAL YOGA - Thursdays @ 11AM
<ul style="list-style-type: none">• PRENATAL PILATES - Thursdays @ 1:30PM
<ul style="list-style-type: none">• DANCING FOR BIRTH - Saturdays @ 2PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HypnoBirthing Class 1 7PM-9:30PM	3	4	5	6 HypnoBirthing - Class 1 10A-12:30P
7 HypnoBirthing Class 1 10AM-12:30PM ZOOM HypnoBirthing Class 1 1:30PM-4PM	8	9 HypnoBirthing Class 2 7PM-9:30PM	10 Breastfeeding 101 6:30-8:30PM HypnoBirthing Info Session 7-8PM	11	12	13 HypnoBirthing - Class 2 10A-12:30P
14 HypnoBirthing Class 2 10AM-12:30PM ZOOM HypnoBirthing Class 2 1:30PM-4PM Infant Massage Workshop 2:30-4PM	15	16 HypnoBirthing Class 3 7PM-9:30PM	17 Meet The Doula 7-9PM Empowered Communication for Parenthood 8:00-9:30PM Zoom	18 Postpartum Mama Care 6:30-9:30PM ZOOM HypnoBirthing Class 1 7PM-9:30PM ZOOM	19 Spinning Babies Class 1PM-3PM	20 HypnoBirthing - Class 3 10A-12:30P Welcome Home Baby 3:30-6:30PM
21 HypnoBirthing Class 3 10AM-12:30PM ZOOM HypnoBirthing Class 3 1:30PM-4PM ABB/HypnoBirthing FAMILY PICNIC TY Park 11A-4P	22	23 HypnoBirthing Class 4 7PM-9:30PM	24 Breastfeeding 101 Zoom 6:30-9PM Doula Info Session Zoom 7-8PM	25 Infant CPR 6:30-8PM HypnoBirthing Class 2 7PM-9:30PM ZOOM	26	27 HypnoBirthing - Class 4 10A-12:30P New Parent Partner 12-2PM ZOOM
28 HypnoBirthing Class 4 10AM-12:30PM ZOOM HypnoBirthing Class 4 1:30PM-4PM	29	30 HypnoBirthing Class 5 7PM-9:30PM				

May



- Traditional Childbirth Class Series
5/2-5/16 7-9PM
- 5/7 Spinning Babies Parents Class
- 5/15 Breastfeeding 101
- 5/15 Virtual Info Session -
HypnoBirthing
- 5/18 Pelvic Floor Workshop
- 5/20 Gentle Cesaren Prep
- 5/22 Meet The Doula
- 5/25 Welcome Home Baby
- 5/29 Virtual Info Session - Doula
Services
- 5/30 Infant CPR
- 5/31 Spinning Babies

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Traditional Childbirth Series Class 1 - 7-9PM HypnoBirthing Class 3 7PM-9:30PM ZOOM	3	4 HypnoBirthing - Class 5 10A-12:30P
5 HypnoBirthing Class 5 10AM-12:30PM ZOOM HypnoBirthing Class 5 1:30PM-4PM	6	7 Spinning Babies 6:30-8PM	8	9 Traditional Childbirth Series Class 2 - 7-9PM HypnoBirthing Class 4 7PM-9:30PM ZOOM	10	11
12	13	14	15 Breastfeeding 101 6:30- 8:30PM HypnoBirthing Info Session Zoom 7-8PM	16 Traditional Childbirth Series Class 3 - 7-9PM HypnoBirthing Class 5 7PM-9:30PM ZOOM	17	18 Pelvic Floor Workshop 3:30-6:30PM
19	20 Gentle Cesarean Prep 7-9PM ZOOM	21	22 Meet The Doula 7-9PM	23	24	25 Welcome Home Baby 3:30-6:30PM
26	27	28	29 Doula Services Info Session Zoom 7-8PM	30 Infant CPR 6:30-8PM	31 Spinning Babies 1-3:30PM	