

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Dancing For Birth 2P HBCE TRAINING
2 Fit For Birth 1PM HBCE TRAINING	3 Prenatal Yoga 6PM Round Robin Playgroup Every Monday @ 10AM	4 HypnoBirthing 7-9:30PM Class 1	5 Prenatal Yoga 10AM Infant CPR 6:30-8PM	6 Dancing For Birth 10AM Traditional Childbirth Class Series 7-9PM	7 Postnatal Corrective Exercise 10AM	8 HypnoBirthing 10A-12:30P Class 1 Pelvic Floor Workshop 2:30-5:30PM
9 Fit For Birth 1PM	10 Prenatal Yoga 6PM	11 HypnoBirthing 7-9:30PM Class 2	12 Prenatal Yoga 10AM Breastfeeding 101 6-8PM Virtual Info session: Doula Services 7-8:30PM Infant Care Class Zoom 6:00-8:30PM	13 Dancing For Birth 10AM	14 Postnatal Corrective Exercise 10AM	15 HypnoBirthing 10A-12:30P Class 2
16 HypnoBirthing (Zoom/Live) 10A-12:30P Class 1 Fit For Birth 1PM	17 Prenatal Yoga 6PM Postpartum Mama Circle 11AM Ft. "Ask the Pediatrician" w/ Dr. O	18 HypnoBirthing 7-9:30PM Class 3	19 Prenatal Yoga 10AM MEET THE DOULA 7-9PM	20 Dancing For Birth 10AM Fourth Trimester: PP Mama Care 6-9PM Zoom	21 Postnatal Corrective Exercise 10AM Spinning Babies 1PM-3:30PM	22 HypnoBirthing 10A-12:30P Class 3 Dancing For Birth 2P Postpartum Partner - ZOOM 12-2PM
23 HypnoBirthing (Zoom/Live) 10A-12:30P Class 2 Fit For Birth 1PM Welcome Home Baby 2:30PM-5:30PM Virtual Info session: HypnoBirthing 7-8:30PM	24 Prenatal Yoga 6PM	25 HypnoBirthing 7-9:30PM Class 4	26 Prenatal Yoga 10AM Breastfeeding 101 Zoom 6-8:30PM	27	28	29 HypnoBirthing 10A-12:30P Class 4 Infant CPR Class 3:30-5PM
30 HypnoBirthing (Zoom/Live) 10A-12:30P Class 3						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Prenatal Yoga 6PM Round Robin Playgroup Every Monday @ 10AM To register: RoundRobinPlaygroup.org	HypnoBirthing 7-9:30PM Class 5	Prenatal Yoga 10AM	Dancing For Birth 10AM Traditional Childbirth Class Series 7-9PM	Postnatal Corrective Exercise 10AM	HypnoBirthing 10A-12:30P Class 5
7	8	9	10	11	12	13
HypnoBirthing zoom/in-person 10A-12:30P Class 4 Fit For Birth 1PM	Prenatal Yoga 6PM Gentle Cesarean Prep Class - ZOOM 7-9PM	Spinning Babies 6:30-9PM	Prenatal Yoga 10AM Virtual Info session: Doula Services 7-8:30PM Breastfeeding 101 6-8PM	Dancing For Birth 10AM Infant CPR 6:30-8PM	Postnatal Corrective Exercise 10AM	Dancing For Birth 2P
14	15	16	17	18	19	20
HypnoBirthing 10A-12:30P Class 5 zoom/in-person	Prenatal Yoga 6PM Postpartum Mama Circle 11AM	HypnoBirthing 7-9:30PM Class 1	Prenatal Yoga 10AM MEET THE DOULA 7-9PM	Dancing For Birth 10AM Traditional Childbirth Class Series 7-9PM	Postnatal Corrective Exercise 10AM Spinning Babies 11AM-1PM	HypnoBirthing 10A-12:30P Class 1 Dancing For Birth 2P
21	22	23	24	25	26	27
Welcome Home Baby 2:30PM-5:30PM	Prenatal Yoga 6PM Breastfeeding 101 Spanish 6-8:00PM	HypnoBirthing 7-9:30PM Class 2	Prenatal Yoga 10AM Virtual Info session: HypnoBirthing 7-8:30PM Welcome To Pregnancy Workshop 6:30-9:30PM	Traditional Childbirth Class Series 7-9PM		HypnoBirthing 10A-12:30P Class 2
28	29	30				
HypnoBirthing (Zoom/Live) 10A-12:30P Class 1						