



# October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 HypnoBirthing (ZOOM) 10A-12:30P Class 5	3 Prenatal Yoga 6PM	4 HypnoBirthing 7-9:30PM Class 1	5 Prenatal Yoga 10AM <b>Infant CPR 6:30-8P</b>	6 Dancing For Birth 10AM	7 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	8 HypnoBirthing 10A-12:30P Class 2 <b>Pelvic Floor Workshop 2-5P</b> <b>Dancing For Birth - 1PM</b> <b>Dancing For Birth - DATE NIGHT! 6-7PM</b>
9 <b>Welcome Home Baby 1-4PM</b>  <b>NO</b> Fit For Birth Class	10 Prenatal Yoga 6PM	11 HypnoBirthing 7-9:30PM Class 2	12 Prenatal Yoga 10AM <b>MEET THE DOULA 7-9PM</b>	13 Dancing For Birth 10AM	14 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	15 HypnoBirthing 10A-12:30P Class 3 Dancing For Birth 2PM
16 HypnoBirthing (ZOOM) 10A-12:30P Class 1 HypnoBirthing In-Person 10A-12:30P Class 1 Fit For Birth 1PM	17 Prenatal Yoga 6PM  Spinning Babies 7-9:30PM	18 HypnoBirthing 7-9:30PM Class 3	19 Prenatal Yoga 10AM  <b>Breastfeeding 101 6-8:30PM</b>	20 Dancing For Birth 10AM  Postpartum Mama Care 6-9PM zoom	21 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	22 Postpartum Partner Class - ZOOM 12-2PM HypnoBirthing - Class 4 10A-12:30P Dancing For Birth 2PM
23 HypnoBirthing (ZOOM) 10A-12:30P Class 2 HypnoBirthing In-Person 10A-12:30P Class 2 Fit For Birth 1PM	24 Prenatal Yoga 6PM  Traditional Childbirth Class 7-9PM	25 HypnoBirthing 7-9:30PM Class 4  BF 101 ZOOM 6-8:30PM	26 Prenatal Yoga 10AM	27 Dancing For Birth 10AM <b>Welcome Home Baby - ESPANOL 6:30-9PM</b>	28 Postpartum Mama Circle 11A-12:00P	29 HypnoBirthing 10A-12:30P Class 5 Dancing For Birth 2PM
30 HypnoBirthing #3 (ZOOM) 10A-12:30P HypnoBirthing #3 In-Person 10A-12:30P  <b>NO</b> Fit For Birth Class	31 <b>ABB FAMILY HALLOWEEN EVENT 11A-1P</b>  Traditional Childbirth Class 7-9PM					



# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HypnoBirthing 7-9:30PM Class 5	2	3 <b>Dancing For Birth 10AM</b>	4 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	5 Dancing For Birth 2P
6 HypnoBirthing (ZOOM) 10A-12:30P Class 4 HypnoBirthing In-Person 10A-12:30P Class 4 <b>Welcome Home Baby 1-4PM</b>	7 Prenatal Yoga 6PM  <b>Traditional Childbirth Class 7-9PM</b>	8 HypnoBirthing 7-9:30PM Class 1	9 Prenatal Yoga 10AM <b>Infant CPR 6:30-8PM</b>	10 <b>Dancing For Birth 10AM</b>  <b>Breastfeeding 101 6:30-8:30PM</b>	11 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P <b>Spinning Babies 6:30-9PM</b>	12 HypnoBirthing 10A-12:30P Class 1  Dancing For Birth 2P  Pelvic Floor Workshop 3:30-6:30PM
13 Postnatal Corrective Exercise 10AM HypnoBirthing (ZOOM) 10A-12:30P Class 5 HypnoBirthing In-Person 10A-12:30P Class 5 Fit For Birth 1PM	14 Prenatal Yoga 6PM  Gentle Cesarean Prep Class Zoom 7-9PM	15 HypnoBirthing 7-9:30PM Class 2	16 Prenatal Yoga 10AM  <b>MEET THE DOULA 7-9PM</b>	17 <b>Dancing For Birth 10AM</b>  <b>Infant CPR in Spanish 6:30-8PM</b>	18 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	19 HypnoBirthing 10A-12:30P Class 2  <b>Dancing For Birth - DATE NIGHT! 6-7PM</b>
20 HypnoBirthing (ZOOM) 10A-12:30P Class 1 Fit For Birth 1PM <b>Welcome Home Baby (Zoom) 1-4PM</b>	21 Prenatal Yoga 6PM  HypnoBirthing in SPANISH 7-9:30PM Class 1	22 HypnoBirthing 7-9:30PM Class 3	23 Prenatal Yoga 10AM	24 <b>THANKSGIVING DAY!</b>  <b>Office closed</b>	25 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	26 HypnoBirthing 10A-12:30P Class 3 Dancing For Birth 2P
27 HypnoBirthing (ZOOM) 10A-12:30P Class 2 Fit For Birth 1PM <b>INFANT CARE FOR GRANDPARENTS 2-4PM</b>	28 Prenatal Yoga 6PM  HypnoBirthing in SPANISH 7-9:30PM Class 2	29 HypnoBirthing 7-9:30PM Class 4	30 Prenatal Yoga 10AM <b>Breastfeeding 101 (Zoom) 6-8:30P</b> Spinning Babies 6:30-9PM			

# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>Dancing For Birth 10AM</b>	2 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	3 HypnoBirthing 10A-12:30P Class 4 Dancing For Birth 2P
4 HypnoBirthing (ZOOM) 10A-12:30P Class 3 Fit For Birth 1PM	5 Prenatal Yoga 6PM HypnoBirthing in SPANISH 7-9:30PM Class 3	6 HypnoBirthing 7-9:30PM Class 5	7 Prenatal Yoga 10AM <b>Infant CPR 6:30-8PM</b>	8 <b>Dancing For Birth 10AM</b> <b>Breastfeeding 101 6:30-8:30PM</b>	9 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	10 HypnoBirthing 10A-12:30P Class 5 Dancing For Birth 2P Pelvic Floor Workshop 3-6PM
11 HypnoBirthing (ZOOM) 10A-12:30P Class 4 Fit For Birth 1PM	12 Prenatal Yoga 6PM Spinning Babies 10AM-12:30PM HypnoBirthing in SPANISH 7-9:30PM Class 4	13 <b>Breastfeeding 101 in SPANISH 6:00-8:30PM</b>	14 Prenatal Yoga 10AM <b>MEET THE DOULA 7-9PM</b>	15 <b>Dancing For Birth 10AM</b> Postpartum Mama Care 6-9PM zoom	16 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	17 Postpartum Partner Class - ZOOM 12-2PM Dancing For Birth 2P Dancing For Birth - <b>DATE NIGHT! 6-7PM</b>
18 HypnoBirthing (ZOOM) 10A-12:30P Class 5 Fit For Birth 1PM	19 Prenatal Yoga 6PM HypnoBirthing in SPANISH 7-9:30PM Class 5	20 <b>Spinning Babies 6:30-9PM</b>	21 Prenatal Yoga 10AM	22 <b>Dancing For Birth 10AM</b>	23 Postnatal Corrective Exercise 10AM Postpartum Mama Circle 11A-12:00P	24 Dancing For Birth 2P
25 MERRY CHRISTMAS!	26 Prenatal Yoga 6PM	27	28 Prenatal Yoga 10AM	29	30	31

