

# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				<b>Dancing For Birth 10AM</b> <b>Infant CPR 6:30-8 PM</b>	Postnatal Corrective Exercise 10AM	HypnoBirthing 10A-12:30P Class 4 Dancing For Birth 2P Femme 5-6PM
5	6	7	8	9	10	11
HypnoBirthing (ZOOM) 10A-12:30P Class 4 HB In-Person 10A-12:30P Class 5 Fit For Birth 1PM <b>New Grandparent's Class 2:30-5:30PM</b>	0-3 Yrs. Playgroup 10:30AM Prenatal Yoga 6PM	HypnoBirthing 7-9:30PM Class 5	Prenatal Yoga 10AM <b>Breastfeeding 101 6:30-8:30PM</b>	<b>Dancing For Birth 10AM</b> Spinning Babies 6:30-9PM	Postnatal Corrective Exercise 10AM	HypnoBirthing 10A-12:30P Class 5 Pelvic Floor Workshop 3-6PM Femme 5-6PM <b>DATE NIGHT! 6-7PM</b>
12	13	14	15	16	17	18
HypnoBirthing (ZOOM) 10A-12:30P Class 5 Fit For Birth 1PM <b>Welcome Home Baby 2:30-5:30PM</b>	0-3 Yrs. Playgroup 10:30AM Prenatal Yoga 6PM		Prenatal Yoga 10AM <b>MEET THE DOULA 7-9PM</b>	<b>Dancing For Birth 10AM</b> Postpartum Mama Care 6-9PM zoom	Postnatal Corrective Exercise 10AM	Postpartum Partner Class - ZOOM 12-2PM Dancing For Birth 2P Femme 5-6PM
19	20	21	22	23	24	25
HypnoBirthing 10A-12:30P Class 1 Zoom/In-Person Fit For Birth 1PM	0-3 Yrs. Playgroup 10:30AM Prenatal Yoga 6PM	HypnoBirthing 7-9:30PM Class 1	Prenatal Yoga 10AM <b>Breastfeeding 101 6:30-8:30PM ZOOM</b>	<b>Dancing For Birth 10AM</b>	Postnatal Corrective Exercise 10AM	HypnoBirthing - Class 1 10A-12:30PM Dancing For Birth 2P Femme 5-6PM
26	27	28				
HypnoBirthing 10A-12:30PM Class 2 Zoom/In-Person Fit For Birth 1PM	0-3 Yrs. Playgroup 10:30AM Prenatal Yoga 6PM	HypnoBirthing 7-9:30PM Class 2				