



January

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		POSTNATAL PILATES 13:00 - 14:00				LABOR & DELIVERY CLASS 10:00 - 13:00
		PRENATAL YOGA 19:00 - 20:15				PRENATAL YOGA 17:30 - 18:45
8	9	10	11	12	13	14
		POSTNATAL PILATES 13:00 - 14:00				ACTIVE BIRTH CLASS 10:00 - 13:00
		PRENATAL YOGA 19:00 - 20:15				PRENATAL YOGA 16:00 - 17:15
15	16	17	18	19	20	21
		POSTNATAL PILATES 13:00 - 14:00				POSTPARTUM & BREASTFEEDING 10:00 - 13:00
CPR & 1st AID CLASS ENGLISH 14:00 - 17:30		PRENATAL YOGA 19:00 - 20:15	FATHER CLASS 19:00 - 21:00			PRENATAL YOGA 16:00 - 17:15
22	23	24	25	26	27	28
		POSTNATAL PILATES 13:00 - 14:00				BABY CARE CLASS 10:00 - 13:00
		PRENATAL YOGA 19:00 - 20:15				
29	30	31				



February

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
						PRENATAL YOGA 12:00 - 13:15
5	6	7	8	9	10	11
						PRENATAL YOGA 12:00 - 13:15
						LABOR & DELIVERY CLASS 14:00 - 17:00
		PRENATAL YOGA 19:00 - 20:15				
12	13	14	15	16	17	18
						PRENATAL YOGA 12:00 - 13:15
						ACTIVE BIRTH CLASS 14:00 - 17:00
		PRENATAL YOGA 19:00 - 20:15				
19	20	21	22	23	24	25
						PRENATAL YOGA 12:00 - 13:15
CPR & 1st AID CLASS ENGLISH 13:00 - 17:00						POSTPARTUM & BREASTFEEDING 14:00 - 17:00
		PRENATAL YOGA 19:00 - 20:15				
26	27	28				



March

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
						PRENATAL YOGA 12:00 - 13:15
						LABOR & DELIVERY CLASS 14:00 - 17:00
5	6	7	8	9	10	11
						PRENATAL YOGA 12:00 - 13:15
						ACTIVE BIRTH CLASS 11:00 - 14:00
		PRENATAL YOGA 19:00 - 20:15				
12	13	14	15	16	17	18
						PRENATAL YOGA 12:00 - 13:15
						POSTPARTUM & BREASTFEEDING 14:00 - 17:00
		PRENATAL YOGA 19:00 - 20:15	FATHER CLASS 19:00 - 21:00			
19	20	21	22	23	24	25
						PRENATAL YOGA 12:00 - 13:15
CPR & 1st AID CLASS ENGLISH 13:00 - 17:00						BABY CARE CLASS 14:00 - 17:00
		PRENATAL YOGA 19:00 - 20:15				
26	27	28	29	30	31	
		PRENATAL YOGA 19:00 - 20:15				