



October

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
			PRENATAL YOGA by Cissy 10:30 - 11:30			BABY CARE CLASS 09:00 - 12:00
						PRENATAL YOGA by Jade 12:15 - 13:15
						LABOR & DELIVERY CLASS 14:00 - 17:00
		PRENATAL YOGA by Jade 19:00 - 20:15	FATHER CLASS 18:00 - 20:00			
15	16	17	18	19	20	21
			PRENATAL YOGA by Cissy 10:30 - 11:30			PRENATAL YOGA by Cissy 11:15 - 12:00
						PRENATAL YOGA by Jade 12:15 - 13:15
						ACTIVE BIRTH CLASS 15:15 - 18:15
		PRENATAL YOGA by Jade 19:00 - 20:00				
22	23	24	25	26	27	28
			PRENATAL YOGA by Cissy 10:30 - 11:30			PRENATAL YOGA by Cissy 11:15 - 12:00
						PRENATAL YOGA by Jade 12:15 - 13:15
CPR & 1st AID CLASS ENGLISH 13:00 - 17:00						BABY CARE CLASS 14:00 - 17:00
29	30	31				
		PRENATAL YOGA by Jade 19:00 - 20:00				

Please note that if the class doesn't appear on the schedule online - it means that the class is already fully booked. Don't hesitate to contact us if there is no other class suitable for you.



November

2017

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

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December

2017

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

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