

AUGUST

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	29 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	30	31	1 9.30-11am Pregnancy Yoga	2
3	4 NO CLASSES	5 NO CLASSES	6	7	8 9.30-11am Pregnancy Yoga	9
10	11 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	12 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	13 7-8pm FREE Having a great birth via Zoom	14	15 9.30-11am Pregnancy Yoga	16 9am-5pm Calmbirth class 1 live
17	18 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	19 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	20	21	22 9.30-11am Pregnancy Yoga	23 9am-5pm Calmbirth class 2 live
24	25 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	26 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	27	28	29 9.30-11am Pregnancy Yoga 11.30am-1.30pm Balance your Body	30 2-3pm FREE Having a great birth via Zoom
31	1 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	2 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	3	4	5 9.30-11am Pregnancy Yoga	6

Birth & Baby
VILLAGE



SEPTEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1 10-11.30am Mums & Bubs Yoga 1-2pm Zoom New Mums connect 6-7.30pm Zoom Pregnancy Yoga	2 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	3	4 6pm Full Moon Cacao Ceremony with Terri	5 9.30-11am Pregnancy Yoga 1-5.30 Newborn Secrets	6
7	8 10-11.30am Mums & Bubs Yoga 1-2pm Zoom New Mums connect 6-7.30pm Zoom Pregnancy Yoga	9 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	10 7-8pm Zoom Having a Great Birth - your options	11 9am-2pm Calmbirth Refresher	12 9.30-11am Pregnancy Yoga	13 9am-5pm Calmbirth class 1
14	15 10-11.30am Mums & Bubs Yoga 1-2pm Zoom New Mums connect 6-7.30pm Zoom Pregnancy Yoga	16 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	17	18 9.30-12.30 Infant First Aid	19 9.30-11am Pregnancy Yoga	20 9am-5pm Calmbirth class 2
21 10am-12 Birth Story Circle	22 10-11.30am Mums & Bubs Yoga 1-2pm Zoom New Mums connect 6-7.30pm Zoom Pregnancy Yoga	23 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	24	25	26 9.30-11am Pregnancy Yoga 11.30am-1.30pm Balance your Body	27 9.30am-1.30pm Birthing Together
28	29 10-11.30am Mums & Bubs Yoga 1-2pm Zoom New Mums connect 6-7.30pm Zoom Pregnancy Yoga	30 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	1	2	3 9.30-11am Pregnancy Yoga	4

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OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	1	2 6pm Full Moon Cacao Ceremony	3 9.30-11am Pregnancy Yoga	4
5 Queen's Birthday (QLD)	6 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	7 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	8	9	10 9.30-11am Pregnancy Yoga	11 9am-5pm Calmbirth class 1
12	13 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	14 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	15	16	17 Spinning Babies Conference at Caloundra	18
19	20 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	21 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	22	23	24 9.30-11am Pregnancy Yoga 11.30am-1.30pm Balance your Body	25 9am-5pm Calmbirth class 2
26 9.30-12.30 Infant First Aid	27 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	28 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	29	30	31 9.30-11am Pregnancy Yoga 12.30-5pm live Newborn Secrets	

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NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 9.30am-1.30pm Birthing Together
2	3 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	4 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	5	6	7 9.30-11am Pregnancy Yoga	8
9	10 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	11 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	12	13	14 9.30-11am Pregnancy Yoga	15
16	17 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	18 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	19	20	21 9.30-11am Pregnancy Yoga	22 9am-5pm Calmbirth class 1
23	24 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	25 9.30am Fit Mamas 6-7.30pm Pregnancy Yoga	26	27	28 9.30-11am Pregnancy Yoga	29 9am-5pm Calmbirth class 2
30	10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	9.30am Fit Mamas 6-7.30pm Pregnancy Yoga			9.30-11am Pregnancy Yoga	

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DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	2 6-7.30pm Pregnancy Yoga	3	4	5 9.30-11am Pregnancy Yoga	6
7	8 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	9 6-7.30pm Pregnancy Yoga	10	11	12 9.30-11am Pregnancy Yoga	13
14	15 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	16 6-7.30pm Pregnancy Yoga	17	18	19	20
21	22 10-11.30am Mums & Bubs Yoga 6-7.30pm Zoom Pregnancy Yoga	23 6-7.30pm Pregnancy Yoga	24	25 Christmas Day	26 Boxing Day	27
28	29	30 6-7.30pm Pregnancy Yoga	31			

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