Sydney Pelvic Clinic

CENTRE OF EXCELLENCE FOR PELVIC HEALTH

KEEP MOVING, STAY STRONG.

GET STARTED WITH HOME EXERCISE TODAY!

We're offering a range of exercise classes designed to help keep you moving and reach higher levels of strength, stability and body awareness.

ONLY **$30**

ONLINE CLASS TRIAL

2 weeks unlimited

SPECIAL OFFER **$35**

EXERCISE ESSENTIALS KIT

No contact pickup available

INTERIM ONLINE EXERCISE CLASS TIMETABLE

Location | ZOOM

Day	Time	Class
MONDAY	9:30am	Inter/Advanced
	9:50am	Beginner
	11:10am	Mums n Bubs
	6:30pm	Pregnancy
	7:00pm	Advanced
TUESDAY	7:00am	Intermediate
	8:20am	Yoga Foundations
	1:00pm	Mums n Bubs
	4:30pm	Pelvic Yoga
	6:00pm	Pelvic Floor
	7:00pm	Inter/Advanced
WEDNESDAY	10:30am	Beginner
	10.40am	Mums n Bubs
	6:00pm	Pregnancy
	7:00pm	Intermediate
THURSDAY	8:00am	Yoga Intermediate
	9:30am	Intermediate
	11:00am	Pelvic Floor
	11:30am	Foundations
	6:00pm	Intermediate
	7:00pm	Advanced
FRIDAY	11:00am	Mums n Bubs
	12:00pm	Begin/Intermediate
SATURDAY	7:50am	Intermediate
	10:10am	Pregnancy
SUNDAY	3:00pm	Pelvic Yoga
	4:30pm	Yin Yoga

GET IN TOUCH TO BOOK TODAY!

02 9387 4444

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