



Sydney Pelvic Clinic

CENTRE OF EXCELLENCE FOR PELVIC HEALTH

**KEEP
MOVING,
STAY
STRONG.**

MOVE IN JANUARY WITH OUR SUMMER CLASSES!

Join us in January for a special program of online & studio exercise classes and 4:1 Exercise Rehab options. Let's keep moving and hit the ground running in 2022!

SUMMER EXERCISE CLASS TIMETABLE

STUDIO CLASSES

Day	Time	Class	Location
MON	9:50am	Beginner	STUDIO 1
	7:00pm	Advanced	STUDIO 1
TUE	9:30am	Inter/Advanced	STUDIO 1
	4:30pm	Pelvic Yoga	STUDIO 1
WED	6:00pm	Pregnancy	STUDIO 1
	7:00pm	Inter/Advanced	STUDIO 1
THU	6:50am	Yoga Intermediate	STUDIO 1
	9:10am	Intermediate	STUDIO 1
FRI	7:00am	Intermediate	STUDIO 1

GET IN TOUCH TO BOOK TODAY!

02 9387 4444

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SUMMER EXERCISE CLASS TIMETABLE

ONLINE CLASSES

Day	Time	Class	Location
MON	9:30am	Inter/Advanced	ZOOM
TUE	7:00am	Pelvic Yoga	ZOOM
	8:20am	Yoga Foundations	ZOOM
	7:00pm	Inter/Advanced	ZOOM
WED	10:30am	Beginner	ZOOM
THU	8:00am	Yoga Begin/Inter	ZOOM
	11:00am	Pelvic Floor	ZOOM
	6:00pm	Intermediate	ZOOM
FRI	9:30am	Begin/Inter	ZOOM
	11:00am	Mums n Bubs	ZOOM
	12:00pm	Begin/Inter	ZOOM
SAT	7:50am	Intermediate	ZOOM
SUN	3:00pm	Pelvic Yoga	ZOOM
	4:30pm	Yin Yoga	ZOOM

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SUMMER 4:1 SMALL GROUP REHAB

LOCATION: **STUDIO 2**

Day Time

MON 1:00pm | 2:00pm

TUE 11:00am | 5:50pm

WED 7:20am | 8:20am | 1:00pm

THU 7:00pm

FRI 11:00am | 12:00pm

SAT 9:00am | 10:00am

*These classes are for pre and post-natal participants

*HIIT Class

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