



Sydney Pelvic Clinic

CENTRE OF EXCELLENCE FOR PELVIC HEALTH

**KEEP
MOVING,
STAY
STRONG.**

TERM 2 PHYSIO-LED EXERCISE CLASSES

Join the Sydney Pelvic Clinic team for Term 2, 2022. Term 2 includes Physio-Led online and studio exercise classes and 4:1 exercise rehab options.

TERM 2 EXERCISE CLASS TIMETABLE

STUDIO CLASSES

| Day | Time | Class | Location |
|-----|---------|--------------------------|----------|
| MON | 9:50am | Beginner | STUDIO 1 |
| | 7:00pm | Advanced | STUDIO 1 |
| TUE | 7:00am | Pelvic Yoga | STUDIO 1 |
| | 10:00am | Mums n Bubs | STUDIO 1 |
| WED | 6:00pm | Pregnancy | STUDIO 1 |
| | 7:00pm | Intermediate | STUDIO 1 |
| THU | 6:50am | Yoga Intermediate | STUDIO 1 |
| | 9:10am | Intermediate | STUDIO 1 |
| FRI | 9:50am | Begin/Inter | STUDIO 1 |
| SAT | 8:00am | Intermediate | STUDIO 1 |

GET IN TOUCH TO BOOK TODAY!

02 9387 4444

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TERM 2 EXERCISE CLASS TIMETABLE

ONLINE CLASSES

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

TERM 2 4:1 SMALL GROUP REHAB

LOCATION: **STUDIO 2**

Day Time

.....
MON 7:50am | 11am | **1pm** | 2pm | 4:50pm
.....

TUE 8:20am | 11am | 12:10pm | 1:10pm | 5:50pm
.....

WED 7:20am | 8:20am | 9:20 | 11:50 | 1pm | 6pm
.....

THU 7:30am | 10:40am | 11:40am | 1pm
3:30pm | 7pm
.....

FRI 9am | **10am** | 11am | 12pm
.....

SAT 9:00am | **10:00am** | 11:00am

*These classes are for pre and post-natal participants

*HIIT Class

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