



Sydney Pelvic Clinic

CENTRE OF EXCELLENCE FOR PELVIC HEALTH

TERM 1 | ST LEONARDS

**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 **\$40**

**ONLINE
CLASS
TRIAL**



2 weeks unlimited

SPECIAL OFFER **\$35**

**EXERCISE
ESSENTIALS
KIT**



No contact pickup available

TERM 1 EXERCISE CLASS TIMETABLE

SPC ST LEONARDS

ONLINE CLASSES

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

*Hybrid classes are taught in Bondi studio and online simultaneously by the same practitioner.

TERM 1 4:1
SMALL GROUP REHAB
SPC ST LEONARDS

LOCATION: **STUDIO**

Day	Time
MON	9:30am 10:30am
TUE	7:30 9:30am
WED	7:30am 10:30am 5:00pm
FRI	7:30am 8:30 9:30am 10:30am

GET IN TOUCH TO BOOK TODAY!

02 9387 4444

[SYDNEYPELVICCLINIC.COM.AU](https://sydneypelvicclinic.com.au)