



# Sydney Pelvic Clinic

CENTRE OF EXCELLENCE FOR PELVIC HEALTH

TERM 2 | 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 2 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
	11:30am	Pelvic Floor	ZOOM
	6:00pm	Pregnancy Hybrid*	ZOOM
	6:00pm	Intermediate	ZOOM
FRI	10:00am	Begin/Inter *Hybrid	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 2 4:1**  
**SMALL GROUP REHAB**  
**SPC ST LEONARDS**

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LOCATION: **STUDIO**

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Day Time

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**MON** 9:30am | 10:30am

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**TUE** 7:30am | 9:30am

.....  
**WED** 7:30am | 10:30am | 5:00pm

.....  
**FRI** 7:30am | 8:30am | 9:30am | 10:30am  
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**GET IN TOUCH TO BOOK TODAY!**

**02 9387 4444**

**[SYDNEYPELVICCLINIC.COM.AU](http://SYDNEYPELVICCLINIC.COM.AU)**