

Free2Move Classes

Third Term 2021

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
MON	Feldenkrais for Every Body	6:15pm-7:05pm	19 Jul - 20 Sep	10 weeks	Jodie	ONLINE & in Person at 35 Sydney St
THURS	Pilates Level 1	9:30am-10:20am	22 Jul - 23 Sep	10 weeks	Jodie	In Person at 35 Sydney St
THURS	Feldenkrais for Stress & Anxiety	10:30am-11:20am	22 Jul - 23 Sep	10 weeks	Jodie	ONLINE & in Person at 35 Sydney St
SAT	Pilates Level 2	9:00am-9:50am	17 Jul - 18 Sep	10 weeks	Ali	In Person at The Chapel Space
SAT	Feldenkrais for Every Body	10:00am-10:50am	17 Jul - 18 Sep	10 weeks	Ali	In Person at The Chapel Space

\$310 - \$390 for 10 weeks EARLY BIRDS - pay by Friday July 2nd and get \$20 off a full series.

PLUS 10 free classes. For pricing options, terms and conditions and all other details visit our website.

EXERCISE REHAB (STUDIO CLASSES)

Mondays	9:15am-10:10am 10:15am-11:10am	19 Jul - 16 Aug 23 Aug - 20 Sep	5 weeks	Jodie	Pilates Studio 150 Vincent St
Tuesdays	12:30am-1:25pm	20 Jul - 17 Aug 24 Aug - 21 Sep	5 weeks	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:00am - 7:55am 8:00am - 8:55am 10:00am - 10:55am 11:15am - 12:10am 5:30pm - 6:25pm	21 Jul - 18 Aug 25 Aug - 22 Sep	5 weeks	Ali Jodie	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:55am 10:00am - 10:55am	22 Jul - 19 Aug 26 Aug - 23 Sep	5 weeks	Ali	Pilates Studio 150 Vincent St
Fridays	10:30am - 11:25am	23 Jul - 20 Aug 27 Aug - 24 Sep	5 weeks	Ali	Pilates Studio 150 Vincent St
Saturdays	7:45am - 8:40am	17 Jul - 14 Aug 21 Aug - 18 Sep	5 weeks	Ali	Pilates Studio 150 Vincent St

\$380 for 5 weeks or pay by Friday 2nd July to get Early Birds discount of \$20 off

PLUS access free access to Online Feldenkrais classes or class recordings

HOW TO BOOK

New participants must [book an initial assessment](#) prior to starting classes

Enrolment is essential - Feldenkrais and Pilates classes can be booked via our website:

<https://free2move.com.au/shop/>

See our [Troubleshooting Guide](#) if you have issues with online bookings

Studio classes must be booked through our office

Call or SMS 0405 97 22 11 or email: admin@free2move.com.au

Class times and instructors may be subject to change