

# Free2Move Classes and Workshops

## Second Term 2024

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
SAT	Pilates Level 2	9:00am - 9:50am	13 Apr - 15 Jun No class 1 & 22 Jun	9 weeks \$310.50 - 364.50	Ali	In Person at The Chapel Space
SAT	Feldenkrais for Every Body	10:00am - 10:50am	13 Apr - 15 Jun No class 1 & 22 Jun	9 weeks \$310.50 - 364.50	Ali	ONLINE & in Person at The Chapel Space
MON	Feldenkrais for Every Body	6:15pm - 7:05pm	22 Apr - 17 Jun No class 3 & 24 Jun	8 weeks \$276 - 324	Jodie	ONLINE & in Person at 35 Sydney St
THURS	Pilates Level 1	9:30am - 10:20am	2 May - 13 Jun No class 25 Apr	7 weeks \$241.50 - 283.50	Jodie	ONLINE & In Person at 35 Sydney St
THURS	Feldenkrais for Stress & Anxiety	10:30am - 11:20am	2 May - 13 Jun No class 25 Apr	7 weeks \$241.50 - 283.50	Jodie	ONLINE & in Person at 35 Sydney St

**EARLY BIRDS - Pay by Thursday 28th March to get \$2 a week off your term of classes**

### EXERCISE REHAB AT THE FREE2MOVE STUDIO

Saturdays	7:45am - 8:40am	13 Apr - 11 May 18 May - 15 Jun	4-5 weeks \$324 - 405	Ali	Pilates Studio 150 Vincent St
Tuesdays	1:30pm - 2:25pm	23 Apr - 14 May 21 May - 18 Jun	4-5 weeks \$324 - 405	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:15am - 8:10am 10:00am - 10:55am 5:30pm - 6:25pm	17 Apr - 15 May 22 May - 19 Jun	4-5 weeks \$324 - 405	Ali Jodie	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:55am 10:00am - 10:55am	18 Apr - 16 May 23 May - 20 Jun	4-5 weeks \$324 - 405	Ali	Pilates Studio 150 Vincent St
Fridays	10:15am - 11:10am 11:30am - 12:25am	19 Apr - 17 May 24 May - 21 Jun	5 weeks \$405	Ali	Pilates Studio 150 Vincent St

**Pay by Thursday 28th March to get \$4 a week off your series of classes**

**VISIT OUR WEBSITE [free2move.com.au](http://free2move.com.au) FOR PRICING PLAN DETAILS AND BOOKINGS**

**Book one class, attend a second class free every week (Conditions apply)**

**Early Bird rates available for payments made by Thursday 28th March**

**New participants must book a 20 or 40 minute online assessment prior to classes**

**Class times and instructors may be subject to change**

**Enrolment is essential - to book go to our website: [free2move.com.au](http://free2move.com.au)**

**Or call 0405 97 22 11 / email enquiries: [admin@free2move.com.au](mailto:admin@free2move.com.au)**

**See our [Troubleshooting Guide](#) if you have issues hooking up for online classes**