

Free2Move Classes and Workshops

First Term 2025

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
SAT	Pilates Level 2	9:00am - 9:50am	1 Feb - 5 Apr No class 1 Mar	9 weeks \$319.50 - \$375.30	Ali	In Person at The Chapel Space
SAT	Feldenkrais for Every Body	10:00am - 10:50am	1 Feb - 5 Apr No class 1 Mar	9 weeks \$319.50 - \$375.30	Ali	ONLINE & in Person at The Chapel Space
MON	Feldenkrais for Every Body	6:15pm - 7:05pm	3 Feb - 7 Apr No class 3 Mar	9 weeks \$319.50 - \$339.30	Jodie	ONLINE only
THURS	Pilates Level 1	9:30am - 10:20am	6 Feb - 10 Apr	10 weeks \$355 - \$417	Jodie	ONLINE & In Person at 35 Sydney St
THURS	Feldenkrais for Stress & Anxiety	10:30am - 11:20am	6 Feb - 10 Apr	10 weeks \$355 - \$417	Jodie	ONLINE & in Person at 35 Sydney St

EARLY BIRDS - Pay by Friday 17th January to get \$2 a week off your term of classes

EXERCISE REHAB AT THE FREE2MOVE STUDIO

Saturdays	7:45am - 8:40am	1 Feb - 22 Feb 8 Mar - 5 Apr	4 - 5 weeks \$332 - \$415	Ali	Pilates Studio 150 Vincent St
Tuesdays	1:30pm - 2:25pm	4 Feb - 4 Mar 11 Mar - 8 Apr	5 weeks \$415	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:15am - 8:10am 10:00am - 10:55am	5 Feb - 5 Mar 12 Mar - 9 Apr	5 weeks \$415	Ali	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:55am 10:00am - 10:55am	6 Feb - 6 Mar 13 Mar - 10 Apr	5 weeks \$415	Ali	Pilates Studio 150 Vincent St
Fridays	10:15am - 11:10am 12:15pm - 1:10pm	7 Feb - 7 Mar 14 Mar - 11 Apr	5 weeks \$415	Ali	Pilates Studio 150 Vincent St

Pay by Friday 17th January to get \$4 a week off your series of classes

VISIT OUR WEBSITE 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 Friday 17th January

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

Or call 0405 97 22 11 / email enquiries: admin@free2move.com.au

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