

# Free2Move Classes and Workshops

## Second Term 2025

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
SAT	Pilates Level 2	9:00am - 9:50am	3 May - 28 Jun No class 26 Apr & 31 May	8 weeks \$284 - \$377.50	Ali	In Person at The Chapel Space
SAT	Feldenkrais for Every Body	10:00am - 10:50am	3 May - 28 Jun No class 26 Apr & 31 May	8 weeks \$284 - \$377.50	Ali	ONLINE & in Person at The Chapel Space
MON	Feldenkrais for Every Body	6:15pm - 7:05pm	28 April - 30 Jun No class 2 & 23 Jun	8 weeks \$284 - \$306	Jodie	ONLINE only
THURS	Pilates Level 1	9:30am - 10:20am	1 May - 3 Jul No class 26 Jun	9 weeks \$319.50 - \$377.50	Jodie	ONLINE & In Person at 35 Sydney St
THURS	Feldenkrais for Stress & Anxiety	10:30am - 11:20am	1 May - 3 Jul No class 26 Jun	9 weeks \$319.50 - \$377.50	Jodie	ONLINE & in Person at 35 Sydney St

**EARLY BIRDS - Pay by Friday 11th April to get \$2 a week off your term of classes**

### EXERCISE REHAB AT THE FREE2MOVE STUDIO

Saturdays	7:45am - 8:40am	3 May - 24 May 7 Jun - 28 Jun	4 weeks \$332	Ali	Pilates Studio 150 Vincent St
Tuesdays	1:30pm - 2:25pm	29 Apr - 27 May 3 Jun - 1 Jul	4 - 5 weeks \$332 - \$415	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:15am - 8:10am 10:00am - 10:55am	30 Apr - 28 May 4 Jun - 2 Jul	5 weeks \$415	Ali	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:55am 10:00am - 10:55am	1 May - 29 May 5 Jun - 3 Jul	5 weeks \$415	Ali	Pilates Studio 150 Vincent St
Fridays	10.15am - 11.10am 12:15pm - 1:10pm	2 May - 30 May 6 Jun - 4 Jul	5 weeks \$415	Ali	Pilates Studio 150 Vincent St

**Pay by Friday 11th April 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 into 2 or more classes and receive 40% off (Conditions apply)**

**Early Bird rates available for payments made by Friday 11th April**

**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**