

Free2Move Classes and Workshops

Third Term 2025

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
SAT	Feldenkrais Workshop	2:00pm - 4:30pm	26 July	2.5 hours \$70	Jodie	In Person at St Hilda's Church Hall
MON	Feldenkrais	6:15pm - 7:05pm	21 Jul - 22 Sep No class 11 & 18 Aug	8 weeks \$304 - \$344	Jodie	ONLINE only
THURS	Pilates	9:30am - 10:20am	24 Jul - 25 Sep No class 14 Aug	9 weeks \$342 - \$387	Jodie	ONLINE & in Person at St Hilda's Church Hall
THURS	Feldenkrais	10:30am - 11:20am	24 Jul - 25 Sep No class 14 Aug	9 weeks \$342 - \$387	Jodie	ONLINE & in Person at St Hilda's Church Hall

EARLY BIRDS - Pay by Friday 4th of July to get \$2 a week off your term of classes

EXERCISE REHAB AT THE FREE2MOVE STUDIO

Tuesdays	1:30pm - 2:20pm	22 Jul - 5 Aug 19 Aug - 23 Sep	3-5 weeks \$267 - \$445	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:15am - 8:05am 10:00am - 10:50am	23 Jul - 20 Aug 20 Aug - 24 Sep	5 weeks \$445	Ali	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:50am 10:00am - 10:50am	24 Jul - 21 Aug 28 Aug - 25 Sep	5 weeks \$445	Ali	Pilates Studio 150 Vincent St
Fridays	10:00am - 10:50am 12:15pm - 1:05pm	25 Jul - 22 Aug 29 Aug - 26 Sep	5 weeks \$445	Ali	Pilates Studio 150 Vincent St

EARLY BIRDS - Pay by Friday 4th of July to get \$4 a week off your series of classes

Visit our website - free2move.com.au - for pricing plan details and bookings

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

Book into 2 or more floor classes and receive 40% off (Conditions apply)