

Free2Move Classes and Workshops

First Term 2026

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
MON	Feldenkrais Workshops	6:00pm - 7:30pm	9 Mar & 16 Mar	2 x 1.5hrs \$55 per session \$50 Early Bird	Jodie & Ali	ONLINE only
THURS	Clinical Pilates	9:30am - 10:20am	5 Feb - 2 Apr	9 weeks \$342 - \$387	Jodie	ONLINE & in Person at St Hilda's Church Hall
THURS	Awareness Through Movement	10:30am - 11:20am	5 Feb - 2 Apr	9 weeks \$342 - \$387	Jodie	ONLINE & in Person at St Hilda's Church Hall

EARLY BIRDS - Pay by Friday 23rd of January to get \$2 a week off your term of classes

EXERCISE REHAB AT THE FREE2MOVE STUDIO

Tuesdays	1:30pm - 2:20pm	3 Feb - 3 Mar 10 Mar - 31 Mar	4-5 weeks \$356 - \$445	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:15am - 8:05am 10:00am - 10:50am	4 Feb - 4 Mar 11 Mar - 1 Apr	4-5 weeks \$356 - \$445	Ali	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:50am 10:00am - 10:50am	5 Feb - 5 Mar 12 Mar - 2 Apr	4-5 weeks \$356 - \$445	Ali	Pilates Studio 150 Vincent St
Fridays	7:15am - 8:05am 10:00am - 10:50am 12:15pm - 1:05pm	6 Feb - 6 Mar 13 Mar - 27 Mar	3-5 weeks \$267 - \$445	Ali	Pilates Studio 150 Vincent St

EARLY BIRDS - Pay by Friday 23rd of January to get \$4 a week off your series of classes

New participants must book an initial assessment prior to commencing classes

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

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)