

Free2Move Classes and Workshops

Second Term 2026

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
MON	Feldenkrais Workshops	6:00pm - 7:30pm	13 Apr, 22 Jun & 29 Jun	1.5hrs \$60 per session \$55 Early Bird	Jodie	ONLINE only
THURS	Clinical Pilates	9:30am - 10:20am	9 Apr - 25 Jun No class 30 Apr or 4 Jun	10 weeks from \$430	Jodie & Tanaya Ti'en (7 - 28 May)*	ONLINE** & in Person at St Hilda's Church Hall
THURS	Awareness Through Movement	10:30am - 11:20am	9 Apr - 25 Jun No class 30 Apr or 4 Jun	10 weeks From \$430	Jodie & Sally Robertson (7 - 28 May)*	ONLINE** & in Person at St Hilda's Church Hall

EARLY BIRDS - Pay by Thursday 2nd of April to get \$2 a week off your term of classes

EXERCISE REHAB AT THE FREE2MOVE STUDIO

Tuesdays	1:30pm - 2:20pm	7 Apr - 28 Apr 11 Jun - 2 Jul	4 weeks \$356	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:15am - 8:05am 10:00am - 10:50am	22 Apr - 20 May 27 May - 1 Jul	5-6 weeks \$445 - \$534	Ali	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:50am 10:00am - 10:50am	23 Apr - 21 May 28 May - 2 Jul	5-6 weeks \$445 - \$534	Ali	Pilates Studio 150 Vincent St
Fridays	7:15am - 8:05am 10:00am - 10:50am 12:15pm - 1:05pm	24 Apr - 22 May 29 May - 3 Jul	5-6 weeks \$445 - \$534	Ali	Pilates Studio 150 Vincent St

EARLY BIRDS - Pay by Thursday 2nd of April 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)

* Floor classes attended between the 7th and 28th of May (the 4 classes while Jodie is away) will NOT be claimable under Private Health Insurance

** Floor classes between the 7th and 28th of May will be IN PERSON & RECORDINGS ONLY