

# Free2Move Classes and Workshops

## Third Term 2026

DAY	CLASS TYPE	TIMES	DATES	DURATION	WITH	VENUE
MON	Feldenkrais Workshops	6:00pm - 7:30pm	27 Jul, 10 Aug & 24 Aug	1.5hrs \$60 per session \$55 Early Bird	Jodie	ONLINE only
THURS	Clinical Pilates	9:30am - 10:20am	23 Jul - 24 Sep	10 weeks from \$440	Jodie	ONLINE & in Person at St Hilda's Church Hall
THURS	Awareness Through Movement	10:30am - 11:20am	23 Jul - 24 Sep	10 weeks From \$440	Jodie	ONLINE & in Person at St Hilda's Church Hall

**EARLY BIRDS - Pay by Friday 3rd of July to get \$2 a week off your term of classes**

### EXERCISE REHAB AT THE FREE2MOVE STUDIO

Tuesdays	1:30pm - 2:20pm	21 Jul - 18 Aug 25 Aug - 22 Sep	5 weeks \$460	Jodie	Pilates Studio 150 Vincent St
Wednesdays	7:15am - 8:05am 10:00am - 10:50am	22 Jul - 19 Aug 26 Aug - 23 Sep	5 weeks \$460	Ali	Pilates Studio 150 Vincent St
Thursdays	8:00am - 8:50am 10:00am - 10:50am	23 Jul - 20 Aug 27 Aug - 24 Sep	5 weeks \$460	Ali	Pilates Studio 150 Vincent St
Fridays	7:15am - 8:05am 10:00am - 10:50am 12:15pm - 1:05pm	24 Jul - 21 Aug 28 Aug - 25 Sep	5 weeks \$460	Ali	Pilates Studio 150 Vincent St

**EARLY BIRDS - Pay by Friday 3rd of July 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](http://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](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

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