



Small group training schedule

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 a. 93 Flora Terrace, North Beach

We keep our groups small so we can give you the attention you deserve. Classes suitable for all fitness levels.

MON	TUE	WED	THU	FRI	SAT
	Movement Integration 6.00-7.00am	Strength 3D 6.00-6.45am	Motion Fitness Outdoors Kingsley 5.45-6.30am	X-trainer with Fiona outdoors 6.00-7.00am	Strength 3D 6.45-7.30am
Golf conditioning 9.30-10.30am	ViPR & friends 9.15-10.00am	YogaFusion 9.15-10.15am	Stronger for Longer 9.30-10.30am	ViPR & friends 9.15-10.00am	Motion Fitness Outdoors Kingsley 7.30-8.15am
YogaFusion 6.00-7.00pm	Animal Flow 6.30-7.30pm	Motion Fitness Outdoors Kingsley 6.30-7.15pm	Mobility 3D 6.00-6.45pm	Animal Flow 6.30-7.30pm	
Motion Fitness Outdoors Kingsley 6.30-7.15pm		YogaFusion 7.00-8.00pm			
Pilates Integration 7.15-8.00pm					

Sessions take place at the be free studio. Book classes online [here](#)

Private sessions run by one of our movement coaches outside of the be free studio. Book directly with the coach.