



ABN 36272201243

APT PERSONAL TRAINING & PILATES

PERSONALISED, MOBILITY, FUNCTIONAL & PILATES SESSIONS

07.08.20

AVAILABLE LIST 45 minute sessions One on one

SESSIONS VIA ZOOM (you will receive a session link)

Tues 11 Aug – 8 Sept @ 7.30am & 8.30am

Tues 18 Aug 12.00 midday

Tues 25 Aug - 8 Sept @ 11.00am

Wed 19 Aug, 2 Sept @ 10.00am

Friday 14 Aug – 11 Sept @ 10.45am

AVAILABLE SESSIONS CHANGE OFTEN – CALL/EMAIL/MSG APT TO DISCUSS ☺

APT Groups 2020 Term 3: 6 July to 12 Sept (10 weeks)

ALL SESSIONS VIA ZOOM (you will receive a link invite)

Week 6 from Monday 10 Aug All 60 mins unless stipulated

Monday 9.15am bodyART **FREE THIS WEEK – JOIN US!** Link on website

Tuesday 6.30am Express 30 - Surprise content, barre, tabatas, pilates = 30 mins

Tuesday 9.45am bodyART

Wed 6.15PM bodyART

Next MOBILITY MATTERS 11.15am 19 Aug (fortnightly)

Thurs 6.30am bodyART

Friday 9.15am bodyART (alt Functional/Pilates Mat)

Saturday 9.30am Chair Barre Whole Body Tone up with Marisa = 45 mins

ZOOM – Set it up free www.zoom.us or App for ipad/iphone avail too

NB. STUDIO IS CURRENTLY CLOSED DUE TO LOCK-DOWN IN MELB METRO

PHOENIX STUDIO – L1 – 656 Bridge Road, Richmond 3121

CASUAL bookings for all classes listed above in Term 3

Book in directly here: <https://musta.net.au/profile/trainer/APT>

Bookings/more information - Please call Andrea on 0412 585181 or aptpersonaltraining@iinet.net.au or via www.aptandpilates.com

NB. 24 hour cancellation policy applies to all booked sessions – messages after 8pm the night before a session may not be seen until the afternoon of the following day Please SMS or call on 0412 585181 (emails are NOT able to be checked constantly))



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www.aptandpilates.com

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