

APT WEEKLY SESSIONS SCHEDULE						www.apptandpilates.com	20.9.19
TERM 4 - 7 Oct - 29 Nov 2019						Subject to change	
NB. No Sessions Mon 11 Nov & Cup Day Morning 4 Nov						check with APT	
TIME	MON	TUE	WED	THU	FRI	VENUE / INFO	
6AM	6.30 STUDIO PT or Private Small Group	6am FUN-CTIONAL FITNESS for LIFE SG		6am SG bodyART			
7.15AM		Studio Sessions avail				Richmond Studios:	
8.30AM			STUDIO PT - avail		8.15 STUDIO PT	All Studio PT & Small Groups @	
9AM	MOB PT					Phoenix-656 Bridge Rd, Richmond	
9.15AM					9.15am SG Circuit /Pilates or bodyART	Burnley Backyard Community Space	
9.30AM		until 11am	STUDIO PT			BBY - Tues nights only - 49 Tudor St Richmond	
10.30AM	10.45 MOB PT		STUDIO PT	10.30am STUDIO PT	STUDIO PT		
11.20AM					STUDIO PT	Private Richmond Studio also avail	
12.15AM	12.15 MOB PT					APT SMALL GROUPS max 10/ 60 mins	
BREAK						STUDIO PT / PILATES SESSION at Phoenix	
1.30PM			MOB PT			MOB PT/PILATES - We come to you	
2.15PM	2.30pm MOB PT		MOB PT			Bookings:	
BREAK						www.apptandpilates.com/contact	
5.30PM	5.30/6pm Mobile PT in Richmond			MOB PT in Richmond		or SMS or Call 0412 585181	
6.45PM		6.45pm SG bodyART @ BBY - BYO Mat				NB. Cancellations via sms please	