APT PERSONAL TRAINING & PILATES

ABN 36272201243

AVAILABLE PERSONALISED PRIVATE SESSIONS 26.02.21

45 minute sessions - One on one or two on one

STUDIO SESSIONS or SESSIONS VIA ZOOM* (you will receive a session link)

***These sessions have the option to be in a small private studio face to face**

Monday 1 March	**10.45am* (available weekly)**
Tues 2 March	**8.30am (available weekly)**
Friday 5 March	**7.00am (avail weekly)**
Monday 8 March	**8.00am* available fortnightly from this date**
Wed 10 March	**8.00am* & 9.00am***

NB. Private Sessions resume week of Monday 18 January 2021, I invite you to make contact to sort out your casual or weekly sessions well ahead of this date to avoid missing out and also to get the best day/time to suit you to kick off your 2021!

Overview of 2021 APT week:

APT WEEKLY SCHEDULE		www.aptandpilates.com				15.01.2021
Re-start Mon 18 Jan 2021 **Term 1: 1 Feb - 1 April 2021**		NB. NO SESSIONS FRI 2 APRIL GOOD FRIDAY		Private PT = 45 m **All Classes = 60 mins unless listed**	Express 30 mins	Subject to change Check with APT
TIME	**MON**	**TUE**	**WED**	**THU**	**FRI**	**VENUE / INFO**
6.30AM	6.30am Mindful Monday - 30 mins	6.30am EXPRESS 30 30 mins	6.30am EXPRESS 30 30 mins	6.30am bodyART 60 mins		Enq & bookings:
7.15AM					7.00am PT - avail	www.aptandpilates com/contact
8.00 AM	8am PT - avail fortnightly		8am PT		8.00am PT	Casual Classes - Musta Global https://musta.net.au/profile/trainer/APT
9.00AM	9.15am bodyART 60 mins	9.30am PT	9am PT		9.15am Functional/ Pilates or bodyART	Phoenix Studio - L1 - 656 Bridge Rd Richmond 3121
10.00AM		10.30AM bodyART or Functional/Pilates	10am PT - avail fortnightly		10.40am PT - avail	Studio One - 15 Barnett Way, Richmond (GTV Nine building)
11.00AM	10.45am PT - avail		11am PT (ftnt)			ALL GROUP CLASSES 60 MINS EXPRESS 30 / Mindful Mons - 30 MINS
11.15AM			11.15am Mobility Matters			STUDIO (Phoenix)
12.00 MIDDAY	12.00 Midday - PT		Alt weeks 10 Feb > 60 mins WK 2, 4,6, 8			ZOOM ONLINE live CLASS
						ZOOM ONLINE PT Session - 45 MINS (or small private Studio)
EVENING			6.15PM bodyART BASICS - 20 Jan x 4			STUDIO ONE - Richmond Community Learning Centre

CALL/ EMAIL/ MSG APT FOR A CHAT ☺

APT Small Groups 2021 - Term 1: 1 Feb – 1 April

STUDIO SESSIONS + LIVE VIA ZOOM (you will receive a link invite)
Exciting new 2021 Group Class Timetable on the website now!
+ Special Courses to book into:

***BODYART Basic continues T1 (1 hour class)**
@ Studio One, 15 Barnett Way, Richmond
Wed 6.15pm 24 Feb – 31 March back at the Studio

***Mobility Matters via Zoom starts Wed 10 Feb 11.15am fortnightly + class recording. 4 x live 1 hr sessions in Term 1 Casual bookings available**

Weekly classes live & online in 2021: BODYART, Mindful Monday, Express 30, Functional Circuit, Pilates Mat, Mobility Matters.

ZOOM – Set it up free www.zoom.us or App for ipad/iphone available
PHOENIX STUDIO – L1 – 656 Bridge Road, Richmond 3121. BYO MAT, TOWEL & WATER
We have a Covid Safe plan in place since 13 Nov 2020.

ALL APT ONLINE & STUDIO CLASSES:
Casual bookings can be made online:
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 Follow us on