



APT GROUP SESSIONS 2020

LIVE VIA ZOOM

TERM 2 - 14 April to 19 June (10 weeks)

#APTCOMMUNITY 2020 STAY AT HOME

SPECIAL WORKOUT PACKAGE

All 60 minute Sessions

15 Sessions = \$240

+ bonus 9 FREE bonus Monday sessions = 24 sessions

MONDAY 20 April – 15 June (9 weeks)

10.00am **bodyART basics** - **FREE** Session #APTCOMMUNITY
Have your kids, partners, home buddies join in.
Learn the joys of bodyART together ☺

TUESDAY 14 April – 16 June (10 weeks)

7.00am **Functional Fitness / Pilates mat**

9.45am **bodyART**

6.45pm **bodyART**

THURSDAY 16 April – 18 June (10 weeks)

7.00am **bodyART**

FRIDAY 17 April – 19 June (10 weeks)

9.15am **Functional Fitness/Pilates mat**
alternating bodyART (week 1 = bodyART)

Payment secures your booking EFT cleared by **10 April 2020**

www.aptandpilates.com/contact (EFT details here & message APT)



APT PERSONAL TRAINING & PILATES

0412 585181

www.aptandpilates.com

Follow us on

