



## APT SMALL GROUP SESSIONS 2020

**TERM 1 – 3 FEB – 3 APRIL**

**#APTSMALLGROUPS 2020 EARLYBIRD SPECIAL**

60 minute Sessions – 10 people only + Make-up sessions

**Only until Friday 24 Jan!**

### **TUESDAY 4 Feb – 31 March**

6.00am*	Functional Fitness for Life	\$199 (9)
9.45am	bodyART *New	\$199 (9)
11.00am	Mobility Matters *New	\$ 95 (4) trial
6.45pm	bodyART @ BBY - BYO Mat	\$199 (9)

### **THURSDAY 6 Feb – 2 April**

6.00am*	bodyART Class	\$199 (9)
	* Tues & Thurs 6am	\$375 (18)

### **FRIDAY 7 Feb – 3 April \*No Class 27 March**

9.15am*	Circuit/Pilates	\$179 (8)
	alternating with bodyART	

**All @ Phoenix – L1 - 656 Bridge Rd, Richmond**

**BBY @ BurnleyBackyard – 49 Tudor Street, Richmond**

Payment secures your booking EFT or cash cleared by **24 Jan 2020**  
[www.aptrandpilates.com/contact](http://www.aptrandpilates.com/contact) (EFT details here & message APT)



**APT PERSONAL TRAINING & PILATES**

**0412 585181**

[www.aptrandpilates.com](http://www.aptrandpilates.com)

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