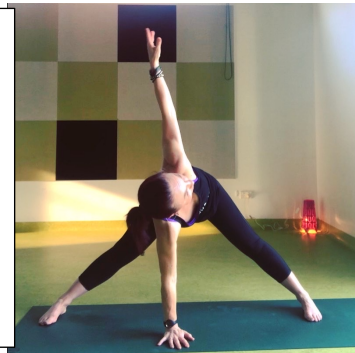




APT SMALL GROUP SESSIONS 2020 STUDIO & LIVE VIA ZOOM



TERM 3: 6 July to 11 September (10 weeks)

MONDAY 6 July – 7 Sept (10 weeks)

9.15am **bodyART**

TUESDAY 7 July – 8 Sept (10 weeks)

6.30am **Express Chooseday – 30 mins of surprise Ex**
Barre, Tabatas, Functional Ex, Pilates Mat & more!

9.45am **bodyART at Phoenix**

WEDNESDAY 8 July – 9 Sept (10 weeks)

11.15am **Mobility Matters - week 1, 3, 5, 7, 9** (5 sessions)

6.15pm **bodyART**

THURSDAY 9 July – 10 Sept (10 weeks)

6.30am **bodyART**

FRIDAY 10 July – 11 Sept (10 weeks)

9.15am **bodyART alternating Functional /Pilates mat**
at Phoenix (week 1 = bodyART, week 2 = F/P)

****All Sessions are 60 mins ex Express Chooseday****

Studio Sessions - max 10 people only *BYO Mat & towel

Online bodyART 60 minute Sessions

Online 30 minute Express Sessions

5 Online Mobility Matters Sessions + Revision Video

Make-up sessions can be made if spot is avail for duplicate class - 48 hours advance notice needed
Studio can be made up with online session, but online cannot be made up with a studio session.

Payment secures your booking EFT cleared prior to first session

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

APT PERSONAL TRAINING & PILATES 0412 585181

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