



Cybele

The Home of Movement

Personal Training | Classes | Group Training



MONDAY

7.30am *Water 3* Stretch & Mobilise with Rebecca
9.30am *Earth 2* Mat Pilates & Coffee with Carly
5.00pm *Fire 4* Kettlebells with Carly
6.00pm *Fire 2* SGPT: Base with Carly
7.15pm *Fire 4* Circuits with Carly

TUESDAY

7.30am Mat Pilates with Carly
7.00pm *Fire 4* SGPT: Force with Nicola

WEDNESDAY

6.45am *Fire 4* Strong Nation with Charlie
8.00am *Air 3* Zumba with Charlie
9.30am *Air 3* Zumba with Charlie
10.45am *Fire 4* Strong Nation with Charlie
7.00pm *Fire 2* SGPT: Base with Kai

THURSDAY

7.15am *Fire 4* Circuits with Lou
9.30am *Fire 3* SGPT: Uplift with Lou
10.30am *Fire 2* SGPT: 60 with Lou
7.30pm *Fire 4* SGPT: Force with Nicola

FRIDAY

7.00am *Fire 4* Mindful Menopause with Rebecca
8.00am *Water 3* Stretch & Mobilise with Rebecca
9.00am *Earth 2* Move Well with Rebecca
12.30pm *Fire 4* Circuits Class with Kai
1.30pm *Fire 2* SGPT: Base with Kai
5.00pm Teignbridge Titans Netball Club

class schedule



FOR CLASS DETAILS AND TO BOOK PLEASE
CONTACT THE COACH OR INSTRUCTOR DIRECTLY