



Cybele

The Home of Movement

Personal Training | Classes | Group Training



MONDAY

12noon Kettlebells with Carly
Fire 3

6.00pm SGPT: Base with Carly
Fire 2

7.15pm Circuits with Carly
Fire 4

TUESDAY

1.00pm SGPT: 65 with Lou
Fire 1

7.00pm SGPT: Force with Nicola
Fire 4

WEDNESDAY

1.00pm SGPT: Base with Carly
Fire 2

7.00pm SGPT: Uplift with Kai
Fire 3

THURSDAY

9.30am SGPT: Uplift with Lou
Fire 3

10.30am SGPT: 65 with Lou
Fire 2

7.30pm SGPT: Force with
Fire 4 Nicola

FRIDAY

12.30am Move & Mend with Edie
Earth 2

1.30pm SGPT: Base with Kai
Fire 2

SATURDAY

9.30am Move For Life
Air 3 Conditioning with Edie



class schedule

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