



Cybele

The Home of Movement

Personal Training | Classes | Group Training



MONDAY

1.00pm Kettlebells with Carly
Fire 4

6.00pm SGPT: Base with Carly
Fire 2

7.15pm Circuits with Carly
Fire 4

TUESDAY

7.00pm SGPT: Force with Nicola
Fire 4

WEDNESDAY

1.00pm SGPT: Base with Carly
Fire 2

7.00pm SGPT: Base with Kai
Fire 2

THURSDAY

9.30am SGPT: Uplift with Lou
Fire 3

10.30am SGPT: 60 with Lou
Fire 2

7.30pm SGPT: Force with
Fire 4 Nicola

FRIDAY

8.00am Mindful Menopause
Fire 4 with Rebecca

9.00am Move Well with
Earth 2 Rebecca

1.30pm SGPT: Base with Kai
Fire 2

class schedule



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