



Cybele

The Home of Movement

Personal Training | Classes | Group Training

class schedule

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 Earth 2 Mat Pilates with Carly
7.00pm Fire 4 SGPT: Force with Nicola

WEDNESDAY

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



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



Cybele

The Home of Movement

Personal Training | Classes | Group Training

At Cybele we want to offer classes that cater for different people, different goals and different moods. We believe that intuitive movement creates a sustainable more enjoyable way to practice physical activity. Selecting activities based on how they make you feel are just as important as the health benefits they provide.

Intensity Ratings

- 1 – Light effort.
- 2 – Moderate effort.
- 3 – Moderate to vigorous effort.
- 4 – Vigorous effort.
- 5 – Very hard to maximum effort.

Coach & Instructor Contacts

Nicola - inspired_coaching@yahoo.com.

Rebecca - hello@devonmovementgroup.co.uk

Kai - cybelegym@gmail.com.

Lou - louisewelsh3@icloud.com.

Carly - ew.fitness@yahoo.com

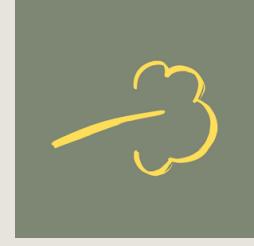


Class Categories

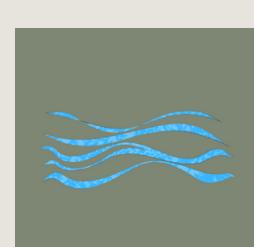
Fire - A fire class/group focus is on strength and power. The blast of endorphins from this class/group will energise you and evoke feelings of empowerment and confidence. The use of resistance weight will challenge the capabilities of your body and mind.



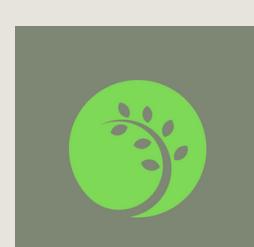
Air - An air class/group focus is on creativity and energy. This class will hone into how your body and mind communicates and will give you a sense of freedom through movement and expression. The high tempo nature of this class will give you a feeling of accomplishment and pride.



Water - A water class/group focus is on regeneration and healing. This class/group is your opportunity to have a change in pace and focus on your body's recovery. The flowing nature of this class/group will give you a feeling of clarity and mindfulness.



Earth - An earth class/group focus is on stability and nourishment. This class/group is all about making you feel grounded and secure while redirecting your thoughts towards your health and wellbeing. Connecting with a deeper sense of movement.



FOR MORE CLASS INFORMATION PLEASE CONTACT
THE COACH OR INSTRUCTOR