



# REBEL CIRCUS INTENSIVE 2025

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WHAT TO EXPECT -  
AKA SURVIVAL  
GUIDE



07551 268 388



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# THE REBEL CIRCUS WAY

At Rebel Circus Collective in Tottenham Hale, our team is the driving force behind our vibrant circus arts and aerial community.

Our talented team of teacher and support colleagues excel in delivering a challenging and inspiring aerial arts curriculum.

With years of experience in aerial arts instruction, circus training, and fitness coaching, our passionate instructors ensure every class is an opportunity to improve and excel. We also host exceptional visiting aerial teachers who bring fresh insights and elevate our workshops with their specialised expertise in aerial disciplines.

**At Rebel Circus Collective, we offer a dynamic, inclusive experience that encourages hard work, personal achievement, and creative expression in a welcoming, accessible and inspiring setting.**

## REBEL CURRICULUM

Aerial silks, Aerial hoop (lyra), Static trapeze, Aerial rope (corde lisse), Aerial straps, Acrobatics and Gymnastics, Gymnastics Rings, Handstands, Contortion and Flexibility, Fitness for the over 50's, Accessible Aerial and floor based fitness classes, Children's aerial circus classes, Lolipop, Aerial chains, and Vertical dance/Harness..



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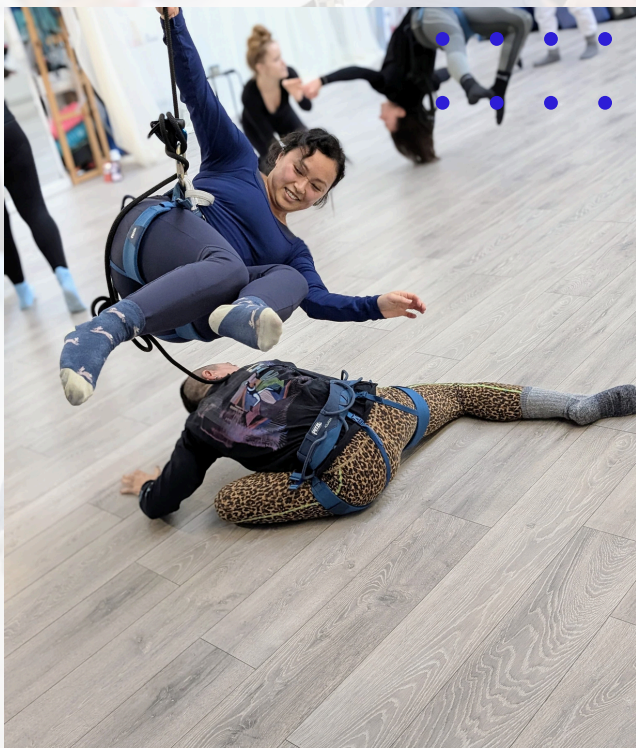
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# COURSE BREAK DOWN

## EXAMPLE TIMETABLE

Actual timetable will be provided prior to course



**MON**

**AM:** Trapeze  
**PM1:** Rope & Silks  
PM 2: Stretch/Release



**TUE**

**AM:** Handstands  
**PM1:** Straps  
PM 2: Stretch/Release



**WED**

**AM:** Chains & Slings  
**PM1:** Harness Dance  
PM 2: Stretch/Release



**THU**

**AM:** Contemporary Dance  
**PM1:** Hoop & Hoop Doubles  
PM 2: Stretch/Release



**FRI**

**AM:** Lollipop  
**PM1:** Spanish Web  
PM 2: Stretch/Release

- Monday - Friday
- Arrive: 10-10.15
- Start: 10:30am
- End: 3:45pm



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# WHAT TO BRING

- **Clothing:** Wear comfortable, form-fitting clothes that allow freedom of movement.
  - Consider layering to adapt to changing temperatures throughout the day.
- **Equipment:** Any personal aerial gear you're accustomed to using, such as grips or wrist wraps. Physio items or items needed for personal warm ups.
- **Hydration:** Bring a large water bottle and aim to drink consistently throughout the day to avoid dehydration.
  - We have water filters here available for top ups!
- **Snacks & Lunch:** Pack snacks and a hearty lunch to keep your energy up throughout the day (more on nutrition below).



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# NUTRITION



- **Pre-Training Meal:**

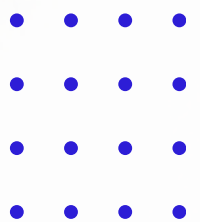
- Eat a balanced meal in the morning before training. This should include a mix of complex carbohydrates (like whole grains), proteins, and healthy fats.
- For example, whole grain toast with eggs and avocado, or a smoothie with yogurt and fruit.
- Overnight oats with peanut butter and banana etc for slow release energy

- **Afternoon Snack:**

- Light snack to boost energy without feeling too full. Good options are bananas, trail mix, or Greek yogurt with honey and berries, Energy bars, fruit, or nuts are great choices.

- **Post-Training Recovery:**

- After intense training, replenish with a protein-rich meal that also includes complex carbohydrates to aid muscle recovery.
- Try grilled chicken with quinoa and vegetables or a chickpea and vegetable salad.





# REBEL FACILITIES

## Kitchen

- We have a microwave and toaster for your use.
- We have limited fridge space but we do have enough space for lunches if you need refrigeration.
- Tea and coffee are provided, with oat milk available. If you prefer other types of milk, please bring your own.
- The kitchen will be available for use during the week - the fridge to the far right of the kitchen door will be available for intensive use so please feel free to use.
- All drinks and kitchen items will be on the Kitchen table ready for use- just let us know if you have any queries or needs.

## Other facilities

- There are two toilets available at the studio
- We do not have student showers



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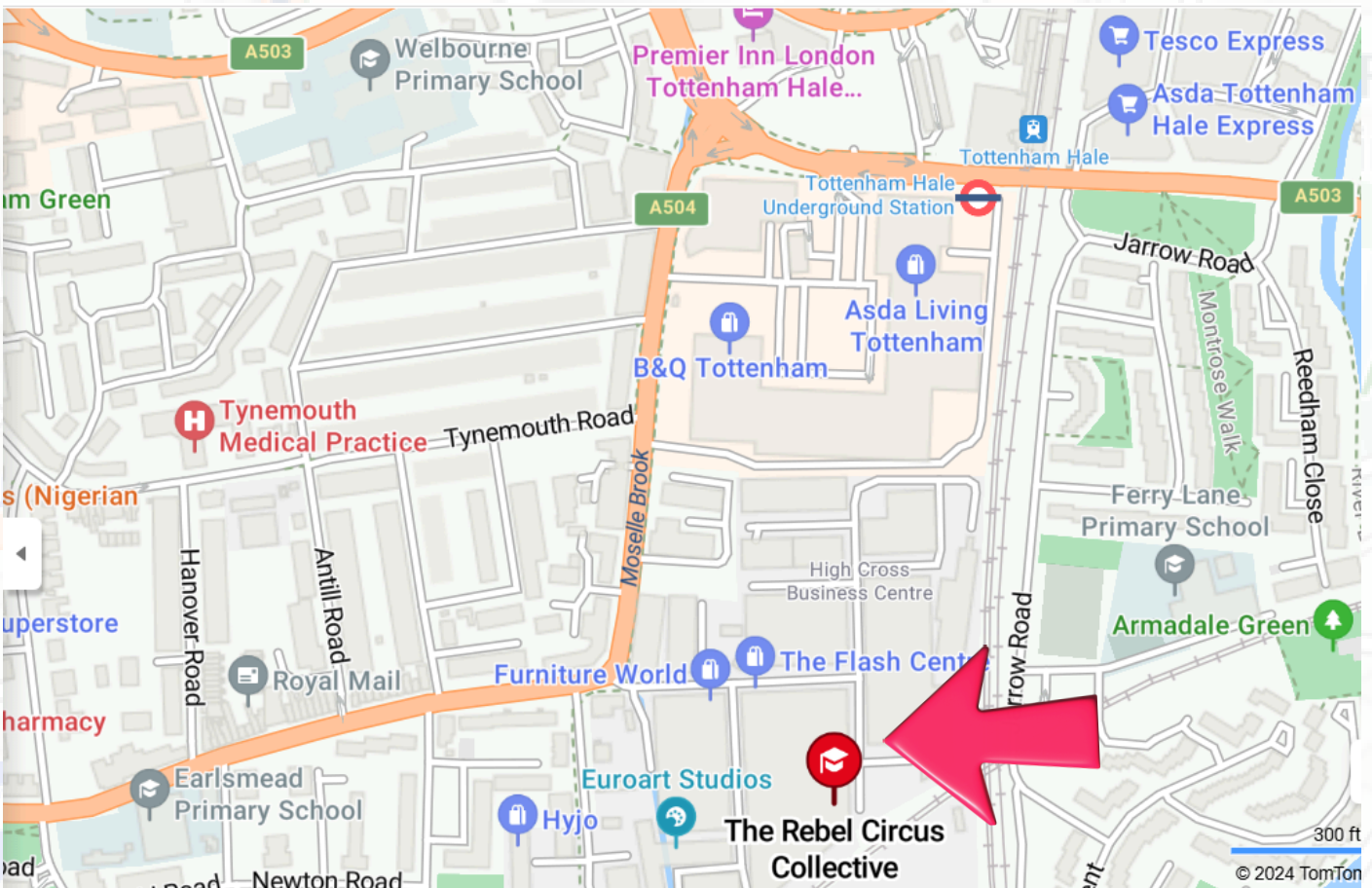
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# FINDING US



## Location

- [Click here for detailed directions to the studio on our website](#)
- We're 10 minutes from Tottenham Hale station, if this is your first visit, please give ample time to find us.
- There are cycle racks nearby at the Stronghold centre
- Please note, we do not have onsite parking



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# IMPORTANT INFORMATION

- We do have a resident dog (Joie) and two cats (Reuben and Tito), you'll likely bump into them during your visit with us. Some are more aloof than others - you'll soon see who loves people most.
- If you have any special requirements, needs or adaptations - please let us know before the intensive starts via email or contact via the website. We aim to make your week as comfortable and transformative as possible so please do not hesitate to ask any questions.
- Allergies & Injuries: Let us know if you have any allergies or injuries that we need to be aware of. This helps us ensure your safety and through accommodations.
- Rest & Recovery: Aerial training is physically demanding. Ensure you're getting enough sleep and rest each night to recover for the next day's training.
- Personal Hygiene: Bring extra deodorant, a towel, and personal care items to stay fresh during and after training.
- Communication: If you're feeling unwell or need assistance at any time, don't hesitate to speak with one of our instructors.



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