

BONTEHEUWEL MULTI-PURPOSE CENTRE

Jakkalsvlei Road, Bonteheuwel

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Walking Ladies/ Fitness 09:00 - 12:00	APD Disabled Group 09:00 - 15:00	Walking Ladies/ Fitness 09:00 - 12:00	APD Disabled Group 09:00 - 15:00	After-school Programme 13:00 - 17:00	Church Service 10:00 -12:00 17:00 -18:00
APD Disabled Group 09:00 - 15:00	After-school Programme 13:00 - 17:00	APD Disabled Group 09:00 - 15:00	After-school Programme 13:00 - 17:00		
After-school Programme 13:00 - 17:00	Ozzies Fitness/ Gym 18:00 -19:00	After-school Programme 13:00 - 17:00	Ozzies Fitness/ Gym 18:00 -19:00		
Ozzies Fitness/ Gym 18:00 -19:00	Break Dancing 18:00 - 20:00	Karate Classes Break Dancing 18:00 - 20:00	Break Dancing 18:00 - 20:00		
Karate Classes Break Dancing 18:00 - 20:00	Senior Citizens 19:30 - 20:30	Church Service 19:30 -20:30			

**COME AND JOIN IN ON THE FUN,
AT A RECREATION HUB NEAR YOU!**



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

Making progress possible. Together.