

# GUGULETHU INDOOR SPORTS CENTRE

NY 50, Gugulethu

## RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Aerobics /Gym 07:30 - 10:00 18:00 - 20:00	Fun Games: All Codes 12:00 - 18:00	Dance 14:00 - 16:00
Senior Citizens 10:00 - 11:00	Senior Citizens 10:00 - 11:00	Senior Citizens 10:00 - 11:00	Senior Citizens 10:00 - 11:00	Senior Citizens Recreation Activities 10:00 - 11:00	Dance 14:00 - 16:00	
Recreation Activities, Basketball - Juniors, Dance Soccer - Juniors 14:00 - 18:00	Manata Edu Care 11:00 - 12:00	Recreation Activities, Basketball - Juniors, Dance Soccer - Juniors 14:00 - 18:00	Manata Edu Care Cape Mental Health 11:00 - 12:00	Dance 14:00 - 18:00		
Choirs 18:00 - 19:00	Dance 14:00 - 18:00	Choirs 18:00 - 19:00	Dance, Soccer - Juniors 14:00 - 18:00	Choirs 18:00 - 19:00		
Badminton, Taebo 18:00 - 20:00	Basketball - Seniors Soccer - Seniors 16:00 - 18:00	Taebo, Goal Ball 18:00 - 20:00	Handball 16:00 - 18:00	Handball 18:00 - 20:00		
	Choirs 18:00 - 19:00		Choirs 18:00 - 19:00			
	Taebo Handball 18:00 - 20:00		Taebo Indoor Soccer 18:00 - 20:00			

**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.