NOMZAMO CENTRE

Michael Street, Nomzamo

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fitness Club	Fitness Club	Fitness Club	Fitness Club
09:00 - 11:00	09:00 - 11:00	09:00 - 11:00	09:00 - 11:00
Field and Board	Field and Board	Field and Board	Field and Board
Games	Games	Games	Games
12:00 - 14:00	12:00 - 14:00	12:00 - 14:00	12:00 - 14:00
After School	After School	After School	After School
Programmes	Programmes	Programmes	Programmes
14:00 - 16:30	14:00 - 16:30	14:00 - 16:30	14:00 - 16:30
Hip Hop	Hip Hop	Hip Hop	Hip Hop
Dancing	Dancing	Dancing	Dancing
15:00 - 16:00	15:00 - 16:00	15:00 - 16:00	15:00 - 16:00

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



FRIDAY Fitness Club 09:00 - 11:00 Field and Board Games 12:00 - 14:00 After School Programmes 14:00 - 16:30 Hip Hop Dancing 15:00 - 16:00



CITY OF CAPE TOWN ISIXEKO SASEKAPA STAD KAAPSTAD

Making progress possible. Together.