

NY49 GUGULETHU STADIUM

NY 49, Gugulethu

RECREATION HUB PROGRAMMES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| Health and Fitness Programmes/Gym 07:00 - 18:00 | Health and Fitness Programmes/Gym 07:00 - 18:00 | Health and Fitness Programmes/Gym 07:00 - 18:00 | Health and Fitness Programmes/Gym 07:00 - 18:00 | Health and Fitness Programmes/Gym 07:00 - 18:00 |
| Senior Citizens 10:00 - 12:00 | Nompumelelo School for Disability/Disabled programmes 10:00 - 12:00 | Senior Citizens 10:00 - 12:00 | Nompumelelo School for Disability/Disabled programmes 10:00 - 12:00 | Seniors Programme 10:00 - 12:00 |
| Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00 | Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00 | Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00 | Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00 | Recreational Activities/PITY Programmes (Sokhanyo Primary School) 10:00 - 14:00 |
| Edu-care 11:00 - 12:00 | Recreation Activities - General play 14:00 - 18:00 | Edu-care 11:00 - 12:00 | Recreation Activities - General play 14:00 - 18:00 | Edu-care 11:00 - 12:00 |
| Recreation Activities - General play 14:00 - 18:00 | Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00 | Recreation Activities - General play 14:00 - 18:00 | Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00 | Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00 |
| Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 18:00 - 20:00 | | Soccer, Rugby, Cricket, Aerobics, Netball, Athletics 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.