

PROTEAVILLE MULTI-PURPOSE CENTRE

Peter Barlow Way, Proteaville, Bellville South

RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gym - Muscle Building/Toning 09:00 - 16:00	Gym - Muscle Building/Toning 09:00 - 16:00	Gym - Muscle Building/Toning 09:00 - 16:00	Gym - Muscle Building/Toning 09:00 - 16:00	Gym - Muscle Building/Toning 09:00 - 16:00
Senior Fitness (Aerobics) 09:00 - 10:00	Mentally Impaired Athl - Floor Hockey 09:00 - 10:00	Senior Fitness (Aerobics) 09:00 - 10:00	Mentally Impaired Athl - Floor Hockey 09:00 - 10:00	Boxing (Training) 09:00 - 10:00
Community Cardio Circuit 10:00 - 12:00	Line Dancing 10:00 - 11:00	Intense Fitness Programme 10:00 - 12:00	Spinning (Bicycle) 11:00 - 12:00	Community Cardio Circuit 10:00 - 12:00
Boxing (Training) 12:00 - 13:00	Spinning (Bicycle) 12:00 - 13:00	Community Aerobics 12:00 - 13:00	Boxing (Training) 12:00 - 13:00	Spinning (Bicycle) 12:00 - 13:00
Recreational Games 14:30 - 16:00	Recreational Games 14:30 - 16:00	Feeding Scheme 13:30 - 14:30	Recreational Programmes 14:00 - 16:00	School's Basketball 15:00 - 19:00
Taebo/ Hip Hop Abs/ Zumba 18:00 - 19:00	8 km - Community Fitness - Walk 18:00 - 19:00	Recreational Games 14:30 - 16:00	Taebo/ Hip Hop Abs/ Zumba 18:00 - 19:00	
Scouts 18:00 - 19:30	Scouts (Cubs) 18:00 - 19:30	Taekwando (Self Defence) 17:00 - 18:00	Darts (League) 20:00 - 23:00	
Arts & Culture Community Music School 19:00 - 21:00	Wheelcahir Basketball 18:00 - 22:00	Insanity Fitness Programme 18:00 - 19:00		
		Futsal (Indoor Soccer) 19:00 - 21:00		

**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.