

# ZOLANI SPORT AND RECREATION CENTRE

Sithandathu Ave, Nyanga

## RECREATION HUB PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body building 11:00 - 19:30	Body building 11:00 - 19:30	Body building 11:00 - 19:30	Body building 11:00 - 19:30	Body building 11:00 - 19:30	Nyanga Yethu Programmes 15:00 - 21:00	Church Service 11:00 - 13:00
Dance 15:00 - 17:00	Dance 15:00 - 17:00	Dance 15:00 - 17:00	Dance 15:00 - 17:00	Recreation activities 15:00 - 17:30		Theatre/Movies 14:00 - 19:00
Recreation activities 15:00 - 17:30	Recreation activities 15:00 - 17:30	Recreation activities 15:00 - 17:30	Recreation activities 15:00 - 17:30	WIFI 15:00 - 19:00		
WIFI 15:00 - 19:00	WIFI 15:00 - 19:00	WIFI 15:00 - 19:00	WIFI 15:00 - 19:00	Nyanga Yethu Programmes 15:00 - 21:00		
Bowling 16:00 - 18:00	Bowling 16:00 - 18:00	Weightlifting 16:00 - 19:00	Bowling 16:00 - 18:00			
Weightlifting 16:00 - 19:00	Weightlifting 16:00 - 19:00	Karate, Boxing 17:00 - 19:00	Weightlifting 16:00 - 19:00			
Karate, Boxing 17:00 - 19:00	Karate, Boxing 17:00 - 19:00	Basketball Practise 17:30 - 19:00	Karate, Boxing 17:00 - 19:00			
Basketball Practise 17:30 - 19:00	Basketball Practise 17:30 - 19:00	Visual arts 18:00 - 19:30	Basketball Practise 17:30 - 19:00			
Visual Arts 18:00 - 19:30	Visual Arts 18:00 - 19:30	Aerobics 18:00 - 20:00	Visual Arts 18:00 - 19:30			
Aerobics 18:00 - 20:00	Aerobics 18:00 - 20:00	Nyanga Yethu Programmes 15:00 - 21:00	Aerobics 18:00 - 20:00			
			Nyanga Yethu Programmes 15:00 - 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.