

DU NOON RECREATIONAL HUB

Waxberry Road, Du Noon, Tableview

RECREATION-HUB-PROGRAMMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness/Weight-lifting 10:00 - 17:00	Fitness/Weight-lifting 10:00 - 17:00	SASSA 10:00 - 16:30	Fitness/Weight-lifting 10:00 - 17:00	Fitness/Weight-lifting 10:00 - 17:00	Spray Park Programme 12:00 - 14:00	Spray Park Programme 12:00 - 14:00
After School Programme 14:30 - 16:30	After School Programme 14:30 - 16:30	After School Programme (Outreach) 14:30 - 16:30	After School Programme 14:30 - 16:30	After School Programme 14:30 - 16:30		
Spray Park 14:30 - 15:30	Spray Park 14:30 - 15:30	Spray Park 14:30 - 15:30	Spray Park 14:30 - 15h:0	Spray Park 14:30 - 15:30		
Karate Programme 17:00 - 19:00	Karate Programme 17:00 - 19:00	Karate Programme 17:00 - 19:00	Karate Programme 17:00 - 19:00	Karate Programme 17:00 - 19:00		
Dance 17:00 - 19:00	Dance 17:00 - 19:00	Dance 17:00 - 19:00	Dance 17:00 - 19:00	Dance 17:00 - 19:00		
Boxing 17:00 -19:00	Boxing 17:00 - 19:00	Boxing 17:00 - 19:00	Boxing 17:00 - 19:00	Boxing 17:00 - 19:00		
Aerobics 19:00 - 20:00	Aerobics 19:00 - 20:00	Aerobics 19:00 - 20:00	Aerobics 19:00 - 20:00	Aerobics 19:00 - 20:00		
Early Childhood Development Programme 10:00 - 14:00	Disabled / Conquers Programme 10:00 - 14:00	Early Childhood Development Programme (Outreach) 10:00 - 14:00	Early Childhood Development Programme 10:00 - 14:00	Early Childhood Development Programme 10:00 - 14:00		
Inkwenkwezi High School / LO Physical Education 10:00 - 14:00	ECD / Early Childhood Development Programme 10:00 - 14:00	Seniors Programme (Outreach) 10:00 - 14:00	Inkwenkwezi High School / LO Physical Education 10:00 - 14:00	Inkwenkwezi High School / LO Physical Education 10:00 - 14:00		
	Inkwenkwezi High School / LO Physical Education 10:00 - 14:00					

**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.