



# CADENCE

CYCLING PERFORMANCE CENTRE

PROGRAM START DATE	LOCATION
5am, MONDAY 9TH MAY	HILLCREST
6am, MONDAY 9TH MAY	HILLCREST
8am, MONDAY 9TH MAY	HILLCREST
5pm, MONDAY 9TH MAY	HILLCREST
5am, TUESDAY 10TH MAY	HILLCREST
6am, TUESDAY 10TH MAY	HILLCREST
5pm, TUESDAY 10TH MAY	HILLCREST
6pm, TUESDAY 10TH MAY	HILLCREST
PROGRAM START DATE	LOCATION
5am, MONDAY 9TH MAY	DURBAN NORTH
6am, MONDAY 30TH MAY	DURBAN NORTH
5pm, MONDAY 6TH JUNE	DURBAN NORTH
5am, TUESDAY 10TH MAY	DURBAN NORTH
6am, TUESDAY 10TH MAY	DURBAN NORTH
4:30pm, TUESDAY 10TH MAY	DURBAN NORTH
5:30pm, TUESDAY 10TH MAY	DURBAN NORTH