



2025 Spinning Time Table

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05:00 - 06:00	SIHLE		MANGA			
06:30 -07:30						MENZI
08:00 - 09:00			MENZI		MANDISA	
17:30 - 18:30	SENZO	PETROS	NATHI	SIBUSISO		