

Change a Life Training Schedule

Type of training	Where	Time schedule
45 min Spinning classes	Anglo American Gym Ground Floor 45 Main Street Marshalltown	Mon: 17:30, Wed: 06:45, Fri: 06:45
Change A Life monthly outrides ± 70 km	Meeting at Teak Place www.teakplace.co.za Kromdraai	Monthly, every first Friday at 07:30
Change A Life Sunday Outrides ± 100km long slow ride!	Panorama in the East or Kromdraai	Every Sunday at 07:30
CycleLab Club Rides	Cycle Lab Fourways	Every Sat at 07:00