

SIBALEKA NANI



Athletics Club

NO MORE TURNING BACK
EST. 2021

You are cordially invited to join Sibaleka Nani AC for our training sessions as follows;

SIBALEKA NANI ATHLETICS CLUB TRAINING SESSIONS

- **Every Tuesday Afternoon 17h30pm Medium pace run –1 Hour**
- **Every Wednesday Afternoon Morning 17h30am Speed Sessions –5 x set of 1 KM fast Pace- 1 hour**
- **Every Sunday Morning 06h30am easy run – 2 Hours**

We start and finish at 349 Main Road, Springfields on every Tuesday and Wednesday sessions.

We start and finish at NMBM FIRE DEPARTMENT PARKING on every Sundays session.

Contact – 076 888 3589//066 114 9477 call, sms and WhatsApp or alternatively Email us; coach@sibalekananiac.co.za