

Hall 5 - The Man Cave Sports Stage

Friday 25 March - Sunday 3 April 2016
Johannesburg Expo Centre, Nasrec

2016 Daily Programme

Sunday 27 March



10:00	Jannie de Beer
11:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
12:00	Fanie de Villiers
13:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
14:00	Mark Fish / Naas Botha
15:00	Johan Ackerman
16:00	Mark Fish

Monday 28 March



10:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
11:00	John Laffnie de Jager
12:00	Fanie de Villiers
13:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
15:00	Marks Maponyane

Tuesday 29 March

14:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
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Wednesday 30 March



10:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
13:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train

Thursday 31 March



10:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
13:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train

Friday 1 April



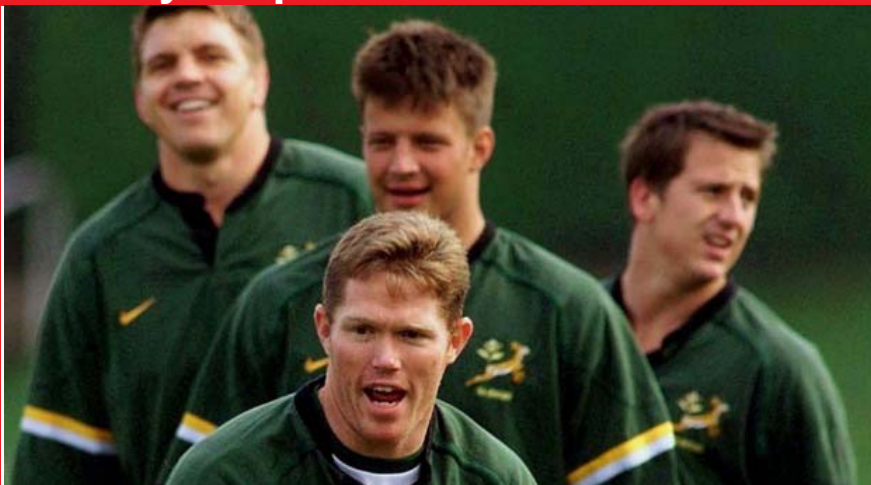
10:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
13:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train

Saturday 2 April



10:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
11:00	John McInroy
12:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
13:00	Toks van der Linde
14:00	Gareth Ewing
15:00	Johan Ackerman
16:00	Mark Fish
17:00	Rassie Pieterse

Sunday 3 April 2016



10:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
11:00	Jannie de Beer
12:00	Jaydene Bannister - Lifestyle and Fitness, How to Eat and Train
13:00	Marks Maponyane
14:00	Mark Fish
15:00	Johan Ackermann
16:00	Jannie de Beer

* Programme Subject to change