

SUSPI Gymnasium Home Page



The Stellenbosch University Sport Performance Institute (SUSPI) boasts a top-class gymnasium which caters not only for elite athletes, but also for students and members of the general public. It is the aim of the SUSPI Gymnasium to provide a cost-effective,

essentially holistic support service of excellent quality to Stellenbosch University, its staff members, students, the general public, as well as to SUSPI's many clients.

Please note our revised holiday times for the period 21 June – 18 July 2010. These can be viewed [here](#).

| SUSPI Gymnasium Hours | |
|-----------------------|---------------|
| Monday - Thursday | 05:30 – 22:00 |
| Friday | 05:30 – 21:00 |
| Saturday | 07:00 – 20:00 |
| Sunday | 10:00 – 18:00 |
| Public Holidays | 07:00 – 19:00 |

Apart from satisfying the general exercise and relaxation needs of members, the SUSPI Gymnasium also designs specialised exercise programmes as required, while providing each new member with training on the various exercise apparatus. Special exercise groups also exist for men and women with unique requirements.

Click [here](#) to view the **Gymnasium staff**.

Gymnasium Contact Details:

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|--|---|
| Reception | - Tel: +27 (0) 21 808 4428 |
| Louise van Zyl (Manager) | - E: lv1@sun.ac.za |
| Elaine du Toit (Aerobic Manager) | - E: edtoit@sun.ac.za |
| Marchant van Wyk (Shift Leader: Floor) | - E: marchand@sun.ac.za |

Click [here](#) for an overview of all **SUSPI's service offerings**.