



PUBLIC TRANSPORT DIRECTIONS FROM CBD

Corner of Field & West Street by Markham, get a taxi to Musgrave, it will have a board on the wind screen written Musgrave, Florida etc. Ask to jump off at the stop called Caister (KHE-Y-STA) that is a lodge on the left side. Our building is right opposite (Corner of Musgrave Road and Caister Crescent).

Our entrance is on Caister Crescent.



Physique-Aid

info@physiqueaid.com, 06 140 180 27 (Calls & WhatsApp), www.physiqueaid.co.za
4 Caister Crescent, Corner of Musgrave & Caister Cr.
(Entrance on Caister Cr.)

Mon-Sat, 8am-6pm

