



my URBAN RETREAT™

ADDRESS, PARKING & MAP

MY URBAN RETREAT @ THE CORE FIT CENTRE

6th Floor, The Regent Building, 19 Regent Road,
Sea Point, Cape Town 8005

Our Doors Are Directly Opposite The Middle Of The Mojo Market/ Hotel
(which is a whole block in itself)

DIRECTIONS

GPS or Google maps may take you too far down Regent Road to the Spar by the roundabout nr Bantry Bay. If coming from CBD, The Regent Building is on your left about 3 blocks up from where the road forks from Main Rd into Kloof & Regent.

You'll see the @Home store on your left and the Mojo Hotel/Market on the right. If you go past Bootleggers Coffee House or Checkers 'The Point Building' you have gone to far!

Our glass door entrance is directly opposite the middle of the Mojo Market/hotel block & left of Ozone therapy.

ON ARRIVAL

Sign in at main reception with security & head up the lift to the 6th Floor.

TURN LEFT OUT OF THE LIFT and you'll see the Core Fit Centre at the end.

Let the receptionist (not always there) know that have an appointment with My Urban Retreat and she will give you a form to fill in whilst you wait. - Charmaine

PARKING

FREE PARKING available a couple of minutes walk away on the 2 main roads that run parallel to Regent Rd.

One block on Kloof Rd & roads that run off it, or one block down , by the sea on Beach Road.

Many **Free Car Parks** along the Promenade nr by.

Nearest **SECURE PAID PARKING** is in 'The Point' Building (Checkers) opposite and 3 blocks away.

City of Cape Town **PAID STREET PARKING** is all along Regent Road. Otherwise **FREE** outside of the times below.

8 AM to 5 PM MON to FRI
8 AM to 1 PM on SAT

Free parking on Sat after 1pm,
Sundays & Public Holidays

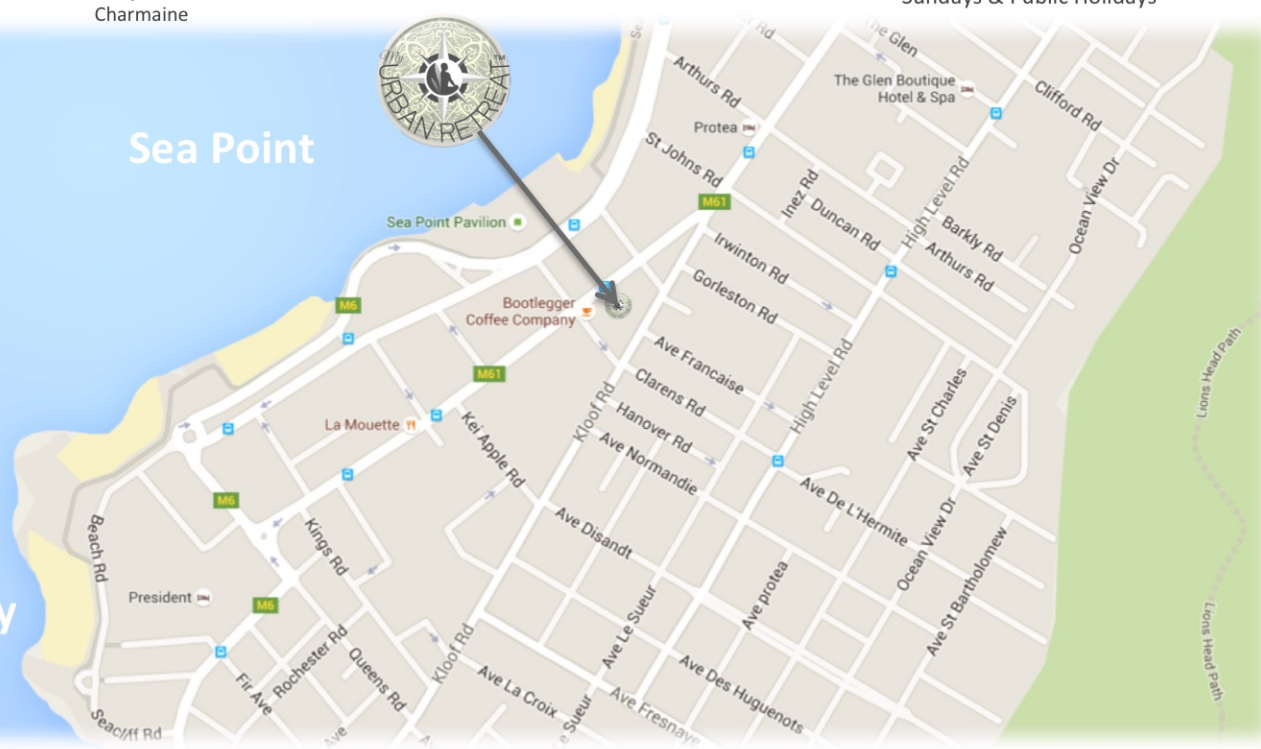
MiCiti Bus Routes

Right Outside – Regent Rd
108: Orange CT Route

One Block Down – Beach Rd
104: Yellow CT Route

Two Blocks Up – High Level
105: Lilac Purple Route

Sea Point



Bantry Bay