

AREA	NDD	AREA	NDD	AREA	NDD
ATHLONE	TUESDAY	KENRIDGE	MONDAY	SANDOWN	FRIDAY
ATLANTIS	WEDNESDAY	KILLARNEY GARDENS	FRIDAY	SEA POINT	TUESDAY
BELHAR	THURSDAY	KHAYELITSHA	TUESDAY	SOMERSET WEST	TUESDAY
BELLVILLE	THURSDAY	KLAPMUTS	TUESDAY	SONSTRAAL	MONDAY
BERGVLIT	THURSDAY	KLEINMOND	WEDNESDAY	SOUTHFIELD	THURSDAY
BIG BAY	FRIDAY	KLOOF STREET	THURSDAY	SPRINGBOK	TUESDAY
BLOUBERG	FRIDAY	KOMMETJIE	MONDAY	STANFORD	WEDNESDAY
BOSTON	THURSDAY	KRAAIFONTEIN	MONDAY	STEENBERG	THURSDAY
BOTHASIG	FRIDAY	KUILS RIVER	MONDAY	STELLENBERG	MONDAY
BRACKENFELL	MONDAY	LAKESIDE	THURSDAY	STELLENBOSCH	TUESDAY
BREDASDORP	WEDNESDAY	LANGEBAAN	WEDNESDAY	STRAND	TUESDAY
CALEDON	WEDNESDAY	LONGBEACH	THURSDAY	SUNNINGDALE	FRIDAY
CAMPS BAY	THURSDAY	LOTUS RIVIER	THURSDAY	ST. HELENA BAY	WEDNESDAY
CANAL WALK	FRIDAY	MAITLAND	FRIDAY	SUN VALLEY	MONDAY
CAPE GATE	MONDAY	MALMESBURY	WEDNESDAY	SWELLENDAM	WEDNESDAY
CAPE QUARTER	FRIDAY	MELKBOS	FRIDAY	TABLE VIEW	FRIDAY
CAPE TOWN CBD	TUESDAY	MEADOWRIDGE	MONDAY	TOKAI	THURSDAY
CAVENDISH	THURSDAY	MIDDESTAD	THURSDAY	TULBAGH	WEDNESDAY
CENTURY CITY	FRIDAY	MILNERTON	FRIDAY	TYGERVALLEY	MONDAY
CERES	WEDNESDAY	MITCHELLS PLAIN	TUESDAY	UITZICHT	MONDAY
CLANWILLIAM	TUESDAY	MONTAGU	WEDNESDAY	VANGATE	TUESDAY
CLAREMONT	THURSDAY	MONTE VISTA	THURSDAY	VELDRIF	WEDNESDAY
CONSTANTIA	THURSDAY	MOORREESBERG	WEDNESDAY	VERGELEGEN	TUESDAY
DARLING	WEDNESDAY	MOWBRAY	THURSDAY	VREDEHOEK	TUESDAY
DE DOORNS	MONDAY	MUIZENBERG	MONDAY	VREDEKLOOF	MONDAY
DE GRENDAL	FRIDAY	N1 CITY	FRIDAY	VREDENBURG	WEDNESDAY
DE WATERKANT	TUESDAY	NYANGA	TUESDAY	VREDENDAL	TUESDAY
DU NOON	FRIDAY	OAKDALE	MONDAY	WATERFRONT	TUESDAY
DURBANVILLE	MONDAY	OBSERVATORY	THURSDAY	WELGEDACHT	FRIDAY
EDGEMEAD	FRIDAY	ONRUS	WEDNESDAY	WELGEMOED	FRIDAY
EERSTE RIVIER	TUESDAY	OTTERY	THURSDAY	WELLINGTON	MONDAY
EIKESTAD	TUESDAY	PAARDEN EILAND	FRIDAY	WEST COAST MALL	THURSDAY
ELSIES RIVER	THURSDAY	PAARL	MONDAY	WILLOWBRIDGE	MONDAY
FIRGROVE	WEDNESDAY	PAARL NORTH	MONDAY	WOODSTOCK	THURSDAY
FISH HOEK	MONDAY	PANORAMA	FRIDAY	WORCESTER	WEDNESDAY
FRANSCHHOEK	TUESDAY	PARKLANDS	FRIDAY	WYNBERG	THURSDAY
GANSBAAI	WEDNESDAY	PAROW	THURSDAY	YZERFONTEIN	WEDNESDAY
GARDENS	TUESDAY	PHILIPPI	TUESDAY	BRM BRANDS	
GLENCAIRN	MONDAY	PICKETBERG	WEDNESDAY	APOLDO - BUTCHERSHOP	FRIDAY
GLEN GARRY	MONDAY	PINEHURST	MONDAY	BUTCHERMAN GREEN PT	FRIDAY
GOODWOOD	THURSDAY	PINELANDS	FRIDAY	GOURMET FOODS	FRIDAY
GORDONS BAY	TUESDAY	PLATTEKLOOF	FRIDAY	HUDSON'S KLOOF STREET	FRIDAY
GRAANENDAL	MONDAY	PLUMSTEAD	THURSDAY	HUDSONS CLAREMONT	THURSDAY
GRABOUW	WEDNESDAY	PORTERVILLE	THURSDAY	HUDSON'S GREEN POINT	FRIDAY
GRASSY PARK	MONDAY	PRICE ALFRED HAMLET	MONDAY	HUDSON'S STELLENBOSCH	TUESDAY
GREEN POINT	TUESDAY	PROTEA HEIGHTS	MONDAY	MAKRO CAPE GATE	MONDAY
GUGULETHU	TUESDAY	RETREAT	THURSDAY	MAKRO OTTERY	THURSDAY
HAWSTON	WEDNESDAY	ROBERTSON	WEDNESDAY	MAKRO MILNERTON	FRIDAY
HERMANUS	WEDNESDAY	ROELAND STREET	FRIDAY	MILK & HONEY BAR	FRIDAY

HOPEFIELD	WEDNESDAY	RONDEBOSCH	THURSDAY	TABLE VIEW BUTCHERY	FRIDAY
HOUTBAY	THURSDAY	ROSMEAD	THURSDAY	T'VIEW BUTCHERY PARKLANDS	FRIDAY
KENILWORTH	THURSDAY	SALDANHA	WEDNESDAY	34 SOUTH KNYSNA	COLLECT