

Water Polo Training Timetable - Sep 2025 (WCSP, KPSP & VPSP)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sep		1 KPSP Pool: 1900-2100 VPSP Gym: 1900-2000 Pool: 2000-2200	2 WCSP Dryland: 1800-1900 Pool: 1900-2100	3 KPSP Pool: 1900-2100 VPSP Gym: 1900-2000 Pool: 2000-2200	4 WCSP Dryland: 1800-1900 Pool: 1900-2100 League: 2100-2200	5 KPSP Pool: 1800-2000	6 WCSP Gym: 1830-1930 Pool: 1930-2130
	7	8 KPSP Pool: 1900-2100 VPSP Gym: 1900-2000 Pool: 2000-2200	9 WCSP Dryland: 1800-1900 Pool: 1900-2100	10 KPSP Pool: 1900-2100 VPSP Gym: 1900-2000 Pool: 2000-2200	11 WCSP Dryland: 1800-1900 Pool: 1900-2100 League: 2100-2200	12 KPSP Pool: 1800-2000	13 WCSP Gym: 1830-1930 Pool: 1930-2130
	14	15 KPSP Pool: 1900-2100 VPSP Gym: 1900-2000 Pool: 2000-2200	16 WCSP Dryland: 1800-1900 Pool: 1900-2100	17 KPSP Pool: 1900-2100 VPSP Gym: 1900-2000 Pool: 2000-2200	18 WCSP Dryland: 1800-1900 Pool: 1900-2100 League: 2100-2200	19 KPSP Pool: 1800-2000	20 WCSP Gym: 1830-1930 Pool: 1930-2130
	21	22 KPSP Pool: 1900-2100 VPSP Gym: 1900-2000 Pool: 2000-2200	23 WCSP Dryland: 1800-1900 Pool: 1900-2100	24 KPSP Pool: 1900-2100 VPSP Gym: 1900-2000 Pool: 2000-2200	25 WCSP Dryland: 1800-1900 Pool: 1900-2100 League: 2100-2200	26	27 WCSP Gym: 1830-1930 Pool: 1930-2130
	28	29 KPSP Pool: 2000-2100 VPSP Gym: 1900-2000 Pool: 2000-2200 HKChamp 2025	30 WCSP Dryland: 1800-1900 Pool: 1900-2100				