

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - October 2020

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-------------------------|-----|--|-----|-------------------------|-----|
| Oct | | | | | 1 | 2 KPSP 1600-1800 | 3 |
| | 4 | 5 KPSP 1600-1800 | 6 | 7 KPSP 1700-1800 | 8 | 9 KPSP 1600-1800 | 10 |
| | 11 | 12 KPSP 1600-1800 | 13 | 14 KPSP 1700-1800 | 15 | 16 KPSP 1600-1800 | 17 |
| | 18 | 19 KPSP 1600-1800 | 20 | 21 KPSP 1700-1800 | 22 | 23 KPSP 1600-1800 | 24 |
| | 25 | 26 KPSP 1600-1800 | 27 | 28 KPSP Diving Pool 1700-1800 | 29 | 30 KPSP 1600-1800 | 31 |