

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - October 2023

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