

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - August 2024

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

Training Timetable - September 2024

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