

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - October 2024

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

Training Timetable - November 2024

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