

Hong Kong Aqua Ball Course (Kowloon Park Swimming Pool)

Training Timetable - February 2025

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

Training Timetable - March 2025

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