####  24 August 2023

# RECREATION & SPORTS

# PRACTICE & CLASS TIMETABLE

The timetable below provides the practice and class schedules of the sports teams and recreational interest groups of the Recreation and Sports Committee (“RSC”) in the coming few weeks. The schedules are subject to changes, and the venues may have capacity limits. The teams/groups reserve the right to alter any arrangements, or otherwise cancel any sessions without prior notice when circumstances dictate.

Participants may be required to bring their own equipment e.g. rackets, to the practice sessions and classes, and are advised to check with relevant teams/groups on arrangements and requirements.

Apart from the following practice sessions and classes, the RSC also offers a wide range of activities, including friendly matches, external competitions, leisure activities, and many more. Please click [here](https://calendar.google.com/calendar/embed?src=77df30098796c1d3deb2e638de918dfa08ae03397812dc45edccbafb85174fd7%40group.calendar.google.com&ctz=Asia%2FHong_Kong) to view the full calendar for all RSC activities. Members are also welcome to subscribe to the calendar by completing this [online form](https://forms.gle/tweecpjVUWJe4MZJA). For enquiries, please contact RnS@hklawsoc.org.hk.

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| **Badminton** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Mon 28 Aug 23 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building)14/F, 112 Kennedy Road, Wan Chai, Hong Kong |
| Fri 1 Sep 23 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |
| Mon 18 Sep 23 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building) |
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| **Basketball** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Tue 26 Sep 23 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building (Kennedy Road Building)14/F, 112 Kennedy Road, Wan Chai, Hong Kong |

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| **Bridge** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Wed 30 Aug 23 | 7:30 pm – 9:30 pm | Hong Kong Contract Bridge Association Clubhouse20/F, Kelly Commercial Centre, 570-572 Nathan Road, Yau Ma Tei |
| Wed 6 Sep 23 | 7:30 pm – 9:30 pm | Hong Kong Contract Bridge Association Clubhouse |
| Class (Registration is closed for the following class session(s)) |
| Wed 30 Aug 23 | 7:30 pm – 9:30 pm | Hong Kong Contract Bridge Association Clubhouse |
| Wed 6 Sep 23 | 7:30 pm – 9:30 pm | Hong Kong Contract Bridge Association Clubhouse |
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| **Cycling** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Sun 27 Aug 23 | 8:30 am – 12 nn | Sunny Bay Station Exit A |
| Sun 3 Sep 23 | 8:30 am – 12 nn | Sunny Bay Station Exit A |
| Sun 10 Sep 23 | 8:30 am – 12 nn | Sunny Bay Station Exit A |
| Sun 17 Sep 23 | 8:30 am – 12 nn | Sunny Bay Station Exit A |
| Sun 24 Sep 23 | 8:30 am – 12 nn | Sunny Bay Station Exit A |
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| **Dragon Boat** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Sat 26 Aug 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training CentreTiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong |
| Sat 9 Sep 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
| Sat 16 Sep 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
| Sat 23 Sep 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
| Sat 30 Sep 23 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
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| **Football** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Tue 29 Aug 23 | 7:45 pm – 9 pm | Football Pitch, King George V School2 Tin Kwong Road, Homantin, Kowloon, Hong Kong |
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| **Golf** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Thu 7 Sep 23 | 8 pm – 10 pm | Hi Tee Golf14/F, Cambridge House, Taikoo Place, 979 King’s Road, Quarry Bay |
| Thu 21 Sep 23 | 8 pm – 10 pm | Hi Tee Golf |

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| **Live Band** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Fri 1 Sep 23 | 9 pm – 11:30 pm | Wave Music StudioUnit F&G, Basement, Phase 2, Kwun Tong Industrial Center, 470 Kwun Tong Road, Kwun Tong, Hong Kong |
| Fri 8 Sep 23 | 9 pm – 11:30 pm | Wave Music Studio |
| Fri 15 Sep 23 | 9 pm – 11:30 pm | Wave Music Studio |
| Fri 22 Sep 23 | 9 pm – 11:30 pm | Wave Music Studio |
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| **Martial Arts** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Wed 30 Aug 23 | 8 pm – 10 pm | Taikoo Shing |
| Wed 6 Sep 23 | 8 pm – 10 pm | Taikoo Shing |
| Wed 13 Sep 23 | 8 pm – 10 pm | Taikoo Shing |
| Wed 20 Sep 23 | 8 pm – 10 pm | Taikoo Shing |
| Wed 27 Sep 23 | 8 pm – 10 pm | Taikoo Shing |
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| **Running** |
| Class (Registration is closed for the following class session(s)) |
| Mon 28 Aug 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Mon 4 Sep 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Mon 11 Sep 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Mon 18 Sep 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
| Mon 25 Sep 23 | 7:30 pm – 10:30 pm | Central Waterfront Promenade |
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| **Snooker** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Wed 30 Aug 23 | 7:30 pm – 10:30 pm | World Snooker 1471st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong |
| Wed 6 Sep 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 13 Sep 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 20 Sep 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 27 Sep 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
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| **Table Tennis** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Thu 24 Aug 23 | 8 pm – 10 pm | Harbour Road Sports Centre27 Harbour Road, Wan Chai, Hong Kong |
| Thu 31 Aug 23 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Class (Registration is closed for the following class session(s)) |
| Thu 24 Aug 23 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Thu 31 Aug 23 | 8 pm – 10 pm | Harbour Road Sports Centre |
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| **Tennis** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Wed 30 Aug 23 | 9 pm – 11 pm | Hong Kong Tennis Centre133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| Wed 6 Sep 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Fri 29 Sep 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
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| **Tenpin Bowling** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Wed 30 Aug 23 | 8 pm – 10 pm | South China Athletic Association88 Caroline Hill Road, Causeway Bay, Hong Kong |
| Wed 13 Sep 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 20 Sep 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 27 Sep 23 | 8 pm – 10 pm | South China Athletic Association |
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| **Volleyball** |
| Practice (Please register with the team/group before attending the practice session(s)) |
| Tue 29 Aug 23 | 9 pm – 11 pm | West Island School250 Victoria Rd, Pok Fu Lam, Hong Kong |
| Tue 5 Sep 23 | 9 pm – 11 pm | West Island School |
| Tue 12 Sep 23 | 9 pm – 11 pm | West Island School |
| Tue 19 Sep 23 | 9 pm – 11 pm | West Island School |
| Tue 26 Sep 23 | 9 pm – 11 pm | West Island School |