#### 2 November 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](mailto:RnS@hklawsoc.org.hk).

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| **Football** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Tue 7 Nov 23 | 7:45 pm – 9 pm | Football Pitch, King George V School  2 Tin Kwong Road, Homantin, Kowloon, Hong Kong |
| Tue 14 Nov 23 | 7:45 pm – 9 pm | Football Pitch, King George V School |
| Tue 21 Nov 23 | 7:45 pm – 9 pm | Football Pitch, King George V School |
| Tue 28 Nov 23 | 7:45 pm – 9 pm | Football Pitch, King George V School |
| Tue 5 Dec 23 | 7:45 pm – 9 pm | Football Pitch, King George V School |
| Tue 12 Dec 23 | 7:45 pm – 9 pm | Football Pitch, King George V School |
| Tue 19 Dec 23 | 7:45 pm – 9 pm | Football Pitch, King George V School |
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| **Golf** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Thu 16 Nov 23 | 8 pm – 10 pm | Hi Tee Golf  14/F, Cambridge House, Taikoo Place, 979 King’s Road, Quarry Bay |

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| **Hiking** | | | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | | | |
| Sat 4 Nov 23 | | 9 am – 3 pm | | Sir Cecil’s Ride (金督馳馬徑) & Hong Kong Trail (港島徑) |
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| **Live Band** | | | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | | | |
| Fri 3 Nov 23 | | 9 pm – 11:30 pm | | Wave Music Studio  Unit F&G, Basement, Phase 2, Kwun Tong Industrial Center, 470 Kwun Tong Road, Kwun Tong, Hong Kong |
| Fri 17 Nov 23 | | 9 pm – 11:30 pm | | Wave Music Studio |
| Fri 24 Nov 23 | | 9 pm – 11:30 pm | | Wave Music Studio |
| Fri 1 Dec 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 1 Nov 23 | | 8 pm – 10 pm | | Taikoo Shing |
| Wed 8 Nov 23 | | 8 pm – 10 pm | | Taikoo Shing |
| Wed 15 Nov 23 | | 8 pm – 10 pm | | Taikoo Shing |
| Wed 22 Nov 23 | | 8 pm – 10 pm | | Taikoo Shing |
| Wed 29 Nov 23 | | 8 pm – 10 pm | | Taikoo Shing |
| Wed 6 Dec 23 | | 8 pm – 10 pm | | Taikoo Shing |
| Wed 13 Dec 23 | | 8 pm – 10 pm | | Taikoo Shing |
| Wed 20 Dec 23 | | 8 pm – 10 pm | | Taikoo Shing |
| Wed 27 Dec 23 | | 8 pm – 10 pm | | Taikoo Shing |
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| **Running** | | | | | |
| Class (Registration is closed for the following class session(s)) | | | | | |
| Mon 6 Nov 23 | 7:30 pm – 10:30 pm | | Central Waterfront Promenade | | |
| Mon 13 Nov 23 | 7:30 pm – 10:30 pm | | Central Waterfront Promenade | | |
| Mon 20 Nov 23 | 7:30 pm – 10:30 pm | | Central Waterfront Promenade | | |
| Mon 27 Nov 23 | 7:30 pm – 10:30 pm | | Central Waterfront Promenade | | |
| Mon 4 Dec 23 | 7:30 pm – 10:30 pm | | Central Waterfront Promenade | | |
| Mon 11 Dec 23 | 7:30 pm – 10:30 pm | | Central Waterfront Promenade | | |
| Mon 18 Dec 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 8 Nov 23 | 7:30 pm – 10:30 pm | World Snooker 147  1st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong |
| Wed 15 Nov 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 22 Nov 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 29 Nov 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 6 Dec 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 13 Dec 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 20 Dec 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
| Wed 27 Dec 23 | 7:30 pm – 10:30 pm | World Snooker 147 |
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| **Table Tennis** | | |
| Class (Registration is closed for the following class session(s)) | | |
| Thu 2 Nov 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre  29 Cotton Tree Drive, Central |
| Thu 9 Nov 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 16 Nov 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 23 Nov 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 30 Nov 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 7 Dec 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 14 Dec 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 21 Dec 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
| Thu 28 Dec 23 | 8 pm – 10 pm | Hong Kong Park Sports Centre |
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| **Tennis** | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Wed 8 Nov 23 | 9 pm – 11 pm | Hong Kong Tennis Centre  133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| Fri 24 Nov 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Wed 29 Nov 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Wed 13 Dec 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Wed 20 Dec 23 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Wed 27 Dec 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 15 Nov 23 | 8 pm – 10 pm | South China Athletic Association  88 Caroline Hill Road, Causeway Bay, Hong Kong |
| Wed 22 Nov 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 29 Nov 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 6 Dec 23 | 8 pm – 10 pm | South China Athletic Association |
| Wed 13 Dec 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 7 Nov 23 | 9 pm – 11 pm | West Island School  250 Victoria Road, Pok Fu Lam, Hong Kong |
| Tue 14 Nov 23 | 9 pm – 11 pm | West Island School |
| Tue 21 Nov 23 | 9 pm – 11 pm | West Island School |
| Tue 28 Nov 23 | 9 pm – 11 pm | West Island School |
| Tue 5 Dec 23 | 9 pm – 11 pm | West Island School |