



2 January 2025

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](#) to view the full calendar for all RSC activities. Members are also welcome to subscribe to the calendar by completing this [online form](#). For enquiries, please contact RnS@hklawsoc.org.hk.

Basketball		
Practice (Please register with the team/group before attending the practice session(s))		
Fri 17 Jan 25	8 pm – 10 pm	St. James’ Settlement Jockey Club Social Services Building 14/F, 112 Kennedy Road, Wan Chai, Hong Kong

Dancing		
Class (Registration is closed for the following class session(s))		
Fri 3 Jan 25	8:30 pm – 9:30 pm	22nd Dance Floor Education 22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Fri 10 Jan 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 17 Jan 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 24 Jan 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 7 Feb 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 14 Feb 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 21 Feb 25	8:30 pm – 9:30 pm	22nd Dance Floor Education
Fri 28 Feb 25	8:30 pm – 9:30 pm	22nd Dance Floor Education

Golf		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 2 Jan 25	8 pm – 10 pm	Hi Tee Golf
Thu 16 Jan 25	8 pm – 10 pm	Hi Tee Golf
Thu 6 Feb 25	8 pm – 10 pm	Hi Tee Golf
Thu 20 Feb 25	8 pm – 10 pm	Hi Tee Golf

Martial Arts		
Class (Registration is open for the following class session(s))		
Mon 6 Jan 25	7 pm – 8 pm	Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong
Mon 13 Jan 25	7 pm – 8 pm	Law Society Function Room
Mon 20 Jan 25	7 pm – 8 pm	Law Society Function Room
Mon 27 Jan 25	7 pm – 8 pm	Law Society Function Room
Mon 3 Feb 25	7 pm – 8 pm	Law Society Function Room
Practice (Please register with the team/group before attending the practice session(s))		
Wed 8 Jan 25	8 pm – 10 pm	Taikoo Shing
Wed 15 Jan 25	8 pm – 10 pm	Taikoo Shing
Wed 22 Jan 25	8 pm – 10 pm	Taikoo Shing
Wed 5 Feb 25	8 pm – 10 pm	Taikoo Shing
Wed 12 Feb 25	8 pm – 10 pm	Taikoo Shing
Wed 19 Feb 25	8 pm – 10 pm	Taikoo Shing
Wed 26 Feb 25	8 pm – 10 pm	Taikoo Shing

Running		
Class (Registration is open for the following class session(s))		
Sat 4 Jan 25	7 am – 10 am	Happy Valley Sportsground
Mon 6 Jan 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 13 Jan 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 18 Jan 25	7 am – 10 am	Happy Valley Sportsground
Mon 20 Jan 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 27 Jan 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 1 Feb 25	7 am – 10 am	Happy Valley Sportsground
Mon 3 Feb 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 8 Feb 25	7 am – 10 am	Happy Valley Sportsground
Mon 10 Feb 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 15 Feb 25	7 am – 10 am	(To be confirmed)
Mon 17 Feb 25	7:30 pm – 9 pm	Central Waterfront Promenade
Mon 24 Feb 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 1 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 3 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 8 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 10 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade

Sat 15 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 17 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 22 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 24 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade
Sat 29 Mar 25	7 am – 10 am	Happy Valley Sportsground
Mon 31 Mar 25	7:30 pm – 9 pm	Central Waterfront Promenade

Snooker		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 8 Jan 25	7:30 pm – 10:30 pm	World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 15 Jan 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 22 Jan 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 5 Feb 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 12 Feb 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 19 Feb 25	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 26 Feb 25	7:30 pm – 10:30 pm	World Snooker Club 147

Table Tennis		
Class (Please register with the team/group before attending the practice session(s))		
Thu 9 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 16 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 23 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 6 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 13 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 20 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 27 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Practice (Please register with the team/group before attending the practice session(s))		
Thu 2 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong
Thu 9 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 16 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 23 Jan 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 6 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 13 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 20 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre
Thu 27 Feb 25	8 pm – 10 pm	Harbour Road Sports Centre

Tennis

Practice (Please register with the team/group before attending the practice session(s))

Fri 3 Jan 25	9 pm – 11 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Tue 7 Jan 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 14 Jan 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 28 Jan 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 4 Feb 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 11 Feb 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 18 Feb 25	9 pm – 11 pm	Hong Kong Tennis Centre
Tue 25 Feb 25	9 pm – 11 pm	Hong Kong Tennis Centre

Tenpin Bowling

Practice (Please register with the team/group before attending the practice session(s))

Wed 8 Jan 25	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 15 Jan 25	8 pm – 10 pm	South China Athletic Association
Wed 22 Jan 25	8 pm – 10 pm	South China Athletic Association
Wed 5 Feb 25	8 pm – 10 pm	South China Athletic Association
Wed 12 Feb 25	8 pm – 10 pm	South China Athletic Association
Wed 19 Feb 25	8 pm – 10 pm	South China Athletic Association
Wed 26 Feb 25	8 pm – 10 pm	South China Athletic Association

Volleyball

Practice (Please register with the team/group before attending the practice session(s))

Tue 7 Jan 25	9 pm – 11 pm	West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong
Tue 4 Feb 25	9 pm – 11 pm	West Island School
Tue 11 Feb 25	9 pm – 11 pm	West Island School
Tue 18 Feb 25	9 pm – 11 pm	West Island School