

**初級培訓班訓練時間表(2020年6-9月)**

**Update Timetable for**

**H.K. Preliminary Athlete Training in June to September 2020:**

**Kata & Kumite Lesson**

**Venue: Hong Kong Park Sports Centre Activity Room I & II**

**Address: 29 Cotton Tree Drive, Central, Hong Kong.**

**地址: 香港中環紅棉路二十九號**

**Kata & Kumite Lesson**

<b>Tuesday</b>	<b>Friday</b>
<b>7-9pm</b>	<b>8-10pm</b>
<b>23/06/2020</b>	<b>26/06/2020</b>
<b>30/06/2020</b>	<b>03/07/2020</b>
<b>07/07/2020</b>	<b>10/07/2020</b>
<b>14/07/2020</b>	<b>17/07/2020</b>
<b>21/07/2020</b>	<b>24/07/2020</b>
<b>28/07/2020</b>	<b>31/07/2020</b>
<b>04/08/2020</b>	<b>07/08/2020</b>
<b>11/08/2020</b>	<b>14/08/2020</b>
<b>18/08/2020</b>	<b>21/08/2020</b>
<b>25/08/2020</b>	<b>28/08/2020</b>
<b>01/09/2020</b>	<b>04/09/2020</b>
<b>08/09/2020</b>	<b>11/09/2020</b>
<b>15/09/2020</b>	<b>18/09/2020</b>
<b>22/09/2020</b>	<b>25/09/2020</b>
<b>29/09/2020</b>	

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