

初級培訓班訓練時間表(2020年9-12月)

Update Timetable for

H.K. Preliminary Athlete Training in September to December 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

Tuesday	Friday
7-9pm	8-10pm
	25/09/2020
29/09/2020	
06/10/2020	09/10/2020
13/10/2020	16/10/2020
20/10/2020	23/10/2020
27/10/2020	30/10/2020
03/11/2020	06/11/2020
10/11/2020	13/11/2020
17/11/2020	20/11/2020
24/11/2020	27/11/2020
01/12/2020	04/12/2020
08/12/2020	11/12/2020
15/12/2020	18/12/2020
22/12/2020	
29/12/2020	

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