



3 July 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.

| Dancing | | |
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| Line Dance Class (Registration is closed for the following class session(s)) | | |
| Wed 9 Jul 25 | 8:00 pm – 9:30 pm | Dance Star Academy 6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong |
| Wed 16 Jul 25 | 8:00 pm – 9:30 pm | Dance Star Academy |
| Wed 23 Jul 25 | 8:00 pm – 9:30 pm | Dance Star Academy |
| Wed 30 Jul 25 | 8:00 pm – 9:30 pm | Dance Star Academy |
| Wed 6 Aug 25 | 8:00 pm – 9:30 pm | Dance Star Academy |
| Wed 13 Aug 25 | 8:00 pm – 9:30 pm | Dance Star Academy |
| Latin (Pasa Doble) / Ballroom Dance Class (Registration is closed for the following class session(s)) | | |
| Fri 4 Jul 25 | 8:30 pm – 9:30 pm | 22nd Dance Floor Education 22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong |
| Fri 11 Jul 25 | 8:30 pm – 9:30 pm | 22nd Dance Floor Education |
| Fri 18 Jul 25 | 8:30 pm – 9:30 pm | 22nd Dance Floor Education |
| Fri 25 Jul 25 | 8:30 pm – 9:30 pm | 22nd Dance Floor Education |

| Dragon Boat | | |
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| Land training (Please register with the team/group before attending the practice session(s)) | | |
| Thu 3 Jul 25 | 7 pm – 9 pm | Tamar Park |
| Thu 10 Jul 25 | 7 pm – 9 pm | Tamar Park |
| Thu 17 Jul 25 | 7 pm – 9 pm | Tamar Park |
| Thu 24 Jul 25 | 7 pm – 9 pm | Tamar Park |

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| Thu 31 Jul 25 | 7 pm – 9 pm | Tamar Park |
| Water training (Please register with the team/group before attending the practice session(s)) | | |
| Sat 12 Jul 25 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre Tiu Keng Leng Pier, Tseung Kwan O, N.T., Hong Kong |
| Sat 19 Jul 25 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |
| Sat 26 Jul 25 | 10 am – 12 nn | Tseung Kwan O Dragon Boat Training Centre |

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| Golf | | |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Thu 3 Jul 25 | 8 pm – 10 pm | Hi Tee Golf 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay |
| Thu 17 Jul 25 | 8 pm – 10 pm | Hi Tee Golf |

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| Martial Arts | | |
| Class (Registration is open for the following class session(s)) | | |
| Thu 17 Jul 25 | 7 pm – 8 pm | Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong |
| Thu 24 Jul 25 | 7 pm – 8 pm | Law Society Function Room |
| Thu 31 Jul 25 | 7 pm – 8 pm | Law Society Function Room |
| Thu 7 Aug 25 | 7 pm – 8 pm | Law Society Function Room |
| Thu 14 Aug 25 | 7 pm – 8 pm | Law Society Function Room |

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| Running | | |
| Class (Registration is closed for the following class session(s)) | | |
| Sat 5 Jul 25 | 7 am – 10 am | Happy Valley Sportsground |
| Mon 7 Jul 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 14 Jul 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 21 Jul 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 28 Jul 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Sat 2 Aug 25 | 7 am – 10 am | Happy Valley Sportsground |
| Mon 4 Aug 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 11 Aug 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 18 Aug 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 25 Aug 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 1 Sep 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Sat 6 Sep 25 | 7 am – 10 am | Happy Valley Sportsground |
| Mon 8 Sep 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 15 Sep 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |

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| Mon 22 Sep 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |
| Mon 29 Sep 25 | 7:30 pm – 9 pm | Central Waterfront Promenade |

| Snooker | | |
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| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Wed 9 Jul 25 | 7:30 pm – 10:30 pm | World Snooker Club 147 1 st Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong |
| Wed 16 Jul 25 | 7:30 pm – 10:30 pm | World Snooker Club 147 |
| Wed 23 Jul 25 | 7:30 pm – 10:30 pm | World Snooker Club 147 |
| Wed 30 Jul 25 | 7:30 pm – 10:30 pm | World Snooker Club 147 |

| Table Tennis | | |
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| Class (Please register with the team/group before attending the practice session(s)) | | |
| Thu 3 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong |
| Thu 10 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Thu 17 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Thu 24 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Thu 31 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Thu 3 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong |
| Thu 10 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Thu 17 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Thu 24 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre |
| Thu 31 Jul 25 | 8 pm – 10 pm | Harbour Road Sports Centre |

| Tennis | | |
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| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Wed 9 Jul 25 | 8 pm – 10 pm | Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| Wed 16 Jul 25 | 8 pm – 10 pm | Hong Kong Tennis Centre |
| Tue 5 Aug 25 | 9 pm – 11 pm | Hong Kong Tennis Centre |
| Tue 19 Aug 25 | 8 pm – 10 pm | Hong Kong Tennis Centre |
| Tue 26 Aug 25 | 8 pm – 10 pm | Hong Kong Tennis Centre |
| Wed 3 Sep 25 | 8 pm – 10 pm | Hong Kong Tennis Centre |
| Wed 10 Sep 25 | 8 pm – 10 pm | Hong Kong Tennis Centre |
| Fri 19 Sep 25 | 8 pm – 10 pm | Hong Kong Tennis Centre |

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| Wed 24 Sep 25 | 8 pm – 10 pm | Hong Kong Tennis Centre |
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| Tenpin Bowling | | |
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| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Wed 9 Jul 25 | 8 pm – 10 pm | South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong |
| Wed 16 Jul 25 | 8 pm – 10 pm | South China Athletic Association |
| Wed 23 Jul 25 | 8 pm – 10 pm | South China Athletic Association |
| Wed 30 Jul 25 | 8 pm – 10 pm | South China Athletic Association |
| Class (Registration is closed for the following class session(s)) | | |
| Wed 9 Jul 25 | 8 pm – 9 pm | South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong |
| Wed 16 Jul 25 | 8 pm – 9 pm | South China Athletic Association |
| Wed 23 Jul 25 | 8 pm – 9 pm | South China Athletic Association |