



16 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 |
| Wed 5 Feb 25 | 8 pm – 10 pm | St. James’ Settlement Jockey Club Social Services Building |

| Dancing | | |
|---|-------------------|--|
| Class (Registration is closed for the following class session(s)) | | |
| Fri 17 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 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 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 closed for the following class session(s)) | | |
| Mon 20 Jan 25 | 7 pm – 8 pm | Law Society Function Room 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong |
| 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 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 closed for the following class session(s)) | | |
| 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 |

| Snooker | | |
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| Practice (Please register with the team/group before attending the practice session(s)) | | |
| Wed 22 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 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 | | |
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| Class (Please register with the team/group before attending the practice session(s)) | | |
| Thu 16 Jan 25 | 8 pm – 10 pm | Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong |
| 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 16 Jan 25 | 8 pm – 10 pm | Harbour Road Sports Centre 27 Harbour Road, Wan Chai, Hong Kong |
| 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)) | | |
| Tue 28 Jan 25 | 9 pm – 11 pm | Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong |
| 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 22 Jan 25 | 8 pm – 10 pm | South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong |
| 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 4 Feb 25 | 9 pm – 11 pm | West Island School 250 Victoria Road, Pok Fu Lam, Hong Kong |
| Tue 11 Feb 25 | 9 pm – 11 pm | West Island School |
| Tue 18 Feb 25 | 9 pm – 11 pm | West Island School |