



7 May 2026

## 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. For enquiries, please contact [RnS@hklawsoc.org.hk](mailto:RnS@hklawsoc.org.hk).

<b>Badminton</b>		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 27 May 26	8 pm – 10 pm	Hong Kong Park Sports Centre 29 Cotton Tree Drive, Central

<b>Basketball</b>		
Practice (outdoors) (Please register with the team/group before attending the practice session(s))		
Every Thursday	8 pm – 10 pm	Hong Kong Island*
*Subject to court availability and weather conditions. Please join the team's WhatsApp group for announcements.		

<b>Dancing</b>		
Line Dance Classes (Registration is open for the following class session(s))		
Mon 11 May 26	8:30pm – 10:00 pm	Dance Star Academy 6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Mon 18 May 26	8:30pm – 10:00 pm	6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Mon 1 Jun 26	8:30pm – 10:00 pm	6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Mon 8 Jun 26	8:30pm – 10:00 pm	6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Mon 15 Jun 26	8:30pm – 10:00 pm	6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Mon 6 Jul 26	8:30pm – 10:00 pm	6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Mon 13 Jul 26	8:30pm – 10:00 pm	6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Mon 20 Jul 26	8:30pm – 10:00 pm	6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong
Mon 27 Jul 26	8:30pm – 10:00 pm	6/F, Richmond Plaza, 496 Jaffe Road, Causeway Bay, Hong Kong

Ballroom Dance Classes (Registration is closed for the following class session(s))		
Wed 13 May 26	9:30pm – 10:30 pm	22nd Dance Floor Education 22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Wed 20 May 26	9:30pm – 10:30 pm	22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Wed 27 May 26	9:30pm – 10:30 pm	22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Wed 3 Jun 26	9:30pm – 10:30 pm	22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Wed 10 Jun 26	9:30pm – 10:30 pm	22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Wed 17 Jun 26	9:30pm – 10:30 pm	22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong
Wed 24 Jun 26	9:30pm – 10:30 pm	22/F, Sub Tower 75-83 Kings Road, Tin Hau, Hong Kong

Martial Arts		
Class (Please register with the team/group before attending the class session(s))		
Wed 13 May 26	8 pm – 10 pm	Taikoo Shing
Wed 27 May 26	8 pm – 10 pm	Taikoo Shing

Golf		
Practice (Please register with the team/group before attending the practice session(s))		
Thu 7 May 26	8 pm – 10 pm	Hi Tee Golf, 14/F, Cambridge House, Taikoo Place, 979 King's Road, Quarry Bay
Thu 14 May 26	8 pm – 10 pm	Hi Tee Golf
Thu 21 May 26	8 pm – 10 pm	Hi Tee Golf
Thu 28 May 26	8 pm – 10 pm	Hi Tee Golf
Class (Please register with the team/group before attending the class session(s))		
Thu 7 May 26	8 pm – 10 pm	Hi Tee Golf
Thu 21 May 26	8 pm – 10 pm	Hi Tee Golf
Thu 4 Jun 26	8 pm – 10 pm	Hi Tee Golf
Thu 18 Jun 26	8 pm – 10 pm	Hi Tee Golf
Thu 2 Jul 26	8 pm – 10 pm	Hi Tee Golf
Thu 16 Jul 26	8 pm – 10 pm	Hi Tee Golf
Thu 6 Aug 26	8 pm – 10 pm	Hi Tee Golf
Thu 20 Aug 26	8 pm – 10 pm	Hi Tee Golf

Running		
Class – Saturdays (Registration is closed for the following class session(s))		
Sat 9 May 26	7 am – 10 am	Happy Valley Sportsground
Sat 6 Jun 26	7 am – 10 am	Happy Valley Sportsground
Class – Mondays (Registration is closed for the following class session(s))		
Mon 11 May 26	7:30 pm – 9 pm	Central Promenade
Mon 18 May 26	7:30 pm – 9 pm	Central Promenade
Mon 1 Jun 26	7:30 pm – 9 pm	Central Promenade
Mon 8 Jun 26	7:30 pm – 9 pm	Central Promenade
Mon 15 Jun 26	7:30 pm – 9 pm	Central Promenade

Mon 22 Jun 26	7:30 pm – 9 pm	Central Promenade
Mon 29 Jun 26	7:30 pm – 9 pm	Central Promenade

<b>Snooker</b>		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 13 May 26	7:30 pm – 10:30 pm	World Snooker Club 147 1 <sup>st</sup> Floor, Midland Plaza, 328 Queen's Road Central, Hong Kong
Wed 20 May 26	7:30 pm – 10:30 pm	World Snooker Club 147
Wed 27 May 26	7:30 pm – 10:30 pm	World Snooker Club 147

<b>Table Tennis</b>		
Class (Please register with the team/group before attending the practice session(s))		
Thu 7 May 26	8 pm – 10 pm	Shek Tong Tsui Sports Centre 5/F-6/F, Shek Tong Tsui Municipal Services Building, 470 Queen's Road West, Hong Kong
Thu 14 May 26	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 21 May 26	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 28 May 26	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Practice (Please register with the team/group before attending the practice session(s))		
Thu 7 May 26	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 14 May 26	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 21 May 26	8 pm – 10 pm	Shek Tong Tsui Sports Centre
Thu 28 May 26	8 pm – 10 pm	Shek Tong Tsui Sports Centre

<b>Tennis</b>		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 13 May 26	8 pm – 10 pm	Hong Kong Tennis Centre 133 Wong Nai Chung Gap Road, Wan Chai, Hong Kong
Wed 20 May 26	8 pm – 10 pm	Hong Kong Tennis Centre
Practice (Please register with the team/group before attending the practice session(s))		
Tue 26 May 26	8 pm – 10 pm	Victoria Park Tennis Courts 1 Hing Fat Street, Causeway Bay, Hong Kong
Fri 19 Jun 26	8 pm – 10 pm	Victoria Park Tennis Courts 1 Hing Fat Street, Causeway Bay, Hong Kong
Fri 26 Jun 26	8 pm – 10 pm	Victoria Park Tennis Courts 1 Hing Fat Street, Causeway Bay, Hong Kong
Practice (Please register with the team/group before attending the practice session(s))		
Tue 4 Jun 26	9 pm – 11 pm	Quarry Bay Park Tennis Court Near Hoi Tai Street, Quarry Bay

<b>Tenpin Bowling</b>		
Practice (Please register with the team/group before attending the practice session(s))		
Wed 13 May 26	8 pm – 10 pm	South China Athletic Association 88 Caroline Hill Road, Causeway Bay, Hong Kong
Wed 20 May 26	8 pm – 10 pm	South China Athletic Association

Wed 27 May 26	8 pm – 10 pm	South China Athletic Association
Wed 3 Jun 26	8 pm – 10 pm	South China Athletic Association
Wed 10 Jun 26	8 pm – 10 pm	South China Athletic Association
Wed 17 Jun 26	8 pm – 10 pm	South China Athletic Association
Wed 24 Jun 26	8 pm – 10 pm	South China Athletic Association
Wed 8 Jul 26	8 pm – 10 pm	South China Athletic Association
Wed 15 Jul 26	8 pm – 10 pm	South China Athletic Association
Wed 22 Jul 26	8 pm – 10 pm	South China Athletic Association
Wed 29 Jul 26	8 pm – 10 pm	South China Athletic Association
Class (Registration is closed for the following class session(s))		
Wed 13 May 26	8 pm – 9 pm	South China Athletic Association
Wed 20 May 26	8 pm – 9 pm	South China Athletic Association
Wed 3 Jun 26	8 pm – 9 pm	South China Athletic Association
Wed 17 Jun 26	8 pm – 9 pm	South China Athletic Association
Wed 8 Jul 26	8 pm – 9 pm	South China Athletic Association

<b>Volleyball</b>		
Practice (Please register with the team/group before attending the practice session(s))		
On weekdays	9 pm – 11 pm	To be confirmed*
*Subject to court availability. Please join the team's WhatsApp group for announcements.		