

Schedule for the week Monday 26- Sunday 1 August 2010.

Please check the page “Camps” and “Officers” for more information on meeting points and trainers.

Meeting Points:

HKCC (HK Cricket Club)- Reception

AC (American Club)- Reception

Clear Water Bay- Meet at the car park of Clear Water Bay Country Park

Repulse Bay- Meet in the Cafe of The Retreat, Beach Road, Repulse Bay

Happy Valley- Meeting point opposite to the race track tram Station

Central: Hong Kong Park- Meet at the bottom of the stairs between the Hong Kong Squash Centre and Leisure Services Building opposite Peak Tram.

Pokfulam- Meet at the boomgate of Stanley Ho Sport Centre

Tai Tam- Meet outside the Pacific Coffee on Stanley Village Road.

Brewin Path-Turn right off Magazine Gap Road after the bridge coming from Garden Road.

Hollywood Road-Meet next to the Central Park Hotel in Hollywood Road Park.

Monday 26th July

HKCC – @ 0530, 0630, 0730 & 0830 – Jimmy (*Please book in advance during the summer months*)

AC – @ 0600 – Hayward

Middleton Towers @ 0615 – Simon (Private Bootcamp)

Pokfulam @ 1830 – Jimmy

Central @ 1800 – Hayward (Private Bootcamp)

@ 1830 – Sampson

@ 1930 – Sampson

Happy Valley @ 2000 – Simon

Tuesday 27th July

Tai Tam @ 0615 – John

Central @ 0630 – Louis

Hollywood Road @ 0645 – Geoff

Brewin Path @ 1300 – Hayward

Central @ 1915 – Hayward (Private Bootcamp)

Wednesday 28th July

HKCC – @ 0530, 0630, 0730 & 0830 – Sampson (*Please book in advance during the summer months*)

AC – @ 0600 – Hayward

Middleton Towers @ 0615 – Simon (Private Bootcamp)

Central @ 1800 – Michal (Private Bootcamp)

@ 1830 – Sampson

@ 1930 – Sampson

Thursday 29th July

Tai Tam @ 0615 – John

Brewin Path @ 1300 – Hayward

Pokfulam @ 1830 – Sampson (outside)

Happy Valley @ 2000 – Simon

Friday 30th July

HKCC – @ 0530, 0630, 0730 & 0830 – Jimmy *(Please book in advance during the summer months)*

AC – @ 0600 – Hayward

Central @ 0630 – Louis

Hollywood Road @ 0645 – Geoff

Saturday 31st July

HKCC - @ 0830 – Hayward *(Please book in advance during the summer months)*

Tennis – @ 1400 – Jimmy

Sunday 1st August

No class