

## **Schedule for the week Monday 8- Sunday 13 March 2010.**

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

### **Monday 8th March**

HKCC – @ 0530, 0630 & 0830 – Nathan  
AC - @ 0600, 0800 – Hayward  
Middleton Towers @ 0615 – Geoff (Private Bootcamp)  
CWB - @ 0730 – Nina  
Repulse Bay @ 0915 - Simon  
Happy Valley @ 0930 – Jimmy  
Central @ 1830 – Sampson  
    @ 1930 – Sampson  
Pokfulam @ 1830 – Jimmy (outside)  
    @ 1930 – Jimmy (outside)

### **Tuesday 9th March**

Tai Tam @ 0615 – John  
Central @ 0630 – Louis  
Hollywood Road @ 0645 – Geoff  
AC @ 7:50am - Simon  
Brewin Path @ 1300 – Hayward  
Central @ 1815 – Hayward (Private Bootcamp)  
    @ 1915 – Hayward (Private Bootcamp)  
    @ 1915 – Louis (Private Bootcamp)

### **Wednesday 10th March**

HKCC – @ 0530, 0630 & 0830 – Sampson  
AC - @ 0600, 0800 – Hayward  
Middleton Towers @ 0615 – Simon (Private Bootcamp)  
Repulse Bay @ 0915 - Simon  
Happy Valley @ 0930 – Elliot  
Central @ 1830 – Sampson  
    @ 1930 – Sampson

### **Thursday 11th March**

Tai Tam @ 0615 – John  
CWB - @ 0730 – Nina  
Brewin Path @ 1300 – Hayward  
Pokfulam @ 1830 – Sampson (outside)  
    @ 1930 – Sampson (outside)  
HKCC – @ 1900 – Hayward

### **Friday 12th March**

HKCC – @ 0530, 0630, 0830 – Jimmy

AC - @ 0600, 0800 – Hayward

Central @ 0630 – Louis

Hollywood Road @ 0645 – Geoff

Repulse Bay @ 0915 - Simon

Happy Valley @ 0930 – Elliot

**Saturday 13th March**

Tennis – @ 1400 – Jimmy

**Sunday 14th March**

No class