

Sporting Life

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						Basketball - Elementary I 1/F Mini Basketball Court
15:00						
15:30						Basketball - Beginner II 1/F Mini Basketball Court
16:00						
16:30						
17:00						
17:30					Basketball - Elementary II 1/F Mini Basketball Court	
18:00						
18:30					Basketball - Beginner I 1/F Mini Basketball Court	Taekwondo 1/F Studio
19:00						
19:30						Basketball - Intermediate 1/F Mini Basketball Court
20:00						
20:30						
21:00						
21:30						
22:00						
22:30						

Detailed Group Class Info

Enquiries: 2966 6639 / 2966 6515

BASKETBALL

Basketball - Elementary I (Instructor - Yeung Man Kwong)

1/F Mini Basketball Court

Member :
HK\$390 per month (including 4 sessions)
Guest :
HK\$470 per month (including 4 sessions)
Cantonese and Mandarin

Basketball - Elementary II (Instructor - Yeung Man Kwong)

1/F Mini Basketball Court

Member :
HK\$390 per month (including 4 sessions)
Guest :
HK\$470 per month (including 4 sessions)
Cantonese and Mandarin

Basketball - Beginner I (Instructor - Yeung Man Kwong)

Fridays: 6:10 pm - 7:10 pm

1/F Mini Basketball Court

Member
HK\$390 per month (including 4 sessions)
Guest
HK\$470 per month (including 4 sessions)
Cantonese and Mandarin

TAEKWONDO

Taekwondo (Instructor - Matthew Wu/ Gary Lee)

Fridays: 6:00 pm - 7:00 pm

1/F Studio

Member :
HK\$830 per month (including 4 sessions)
Guest :
HK\$1,000 per month (including 4 sessions)
Cantonese and English

Basketball - Beginner II (Instructor - Yeung Man Kwong)

Saturdays: 3:00 pm - 4:00 pm

1/F Mini Basketball Court

Member :
HK\$390 per month (including 4 sessions)
Guest :
HK\$470 per month (including 4 sessions)
Cantonese and Mandarin

Basketball - Intermediate (Instructor - Yeung Man Kwong)

Fridays: 7:10 pm - 8:10 pm

1/F Mini Basketball Court

Member :
HK\$390 per month (including 4 sessions)
Guest :
HK\$470 per month (including 4 sessions)
Cantonese and Mandarin