

2026 - 2027 年健力訓練班日期Powerlifting Training Course Timetable 2026-2027

上課地點: 灣仔運動場舉重室 Venue: Wan Chai Sportsground Weightlifting Room

課程及日期 Course & Date	時間 Time	報名連結 Registration Link
<u>初級健力訓練班(Basic PL-A)</u> 23/5, 30/5/2026 6/6, 13/6, 20/6, 27/6/2026 4/7, 11/7, 18/7, 25/7/2026	逢星期六 Every Saturday 時間 Time: 6pm - 8pm	https://forms.gle/aaZY6edqBUPiQQWi6
<u>初級健力訓練班(Basic PL-B)</u> 27/5/2026 3/6, 10/6, 17/6, 24/6/2026 8/7, 15/7, 22/7, 29/7/2026 5/8/2026	逢星期三 Every Wednesday 時間 Time: 7pm - 9pm	https://forms.gle/JQPFVhNUMQQjLj7T7
<u>初級健力訓練班(Basic PL-C)</u> 9/6, 16/6, 23/6, 30/6/2026 7/7, 14/7, 21/7, 28/7/2026 4/8, 11/8/2026	逢星期二 Every Tuesday 時間 Time: 7pm - 9pm	https://forms.gle/gHxGGmahJ9wxocaa6

2026-2027 年舉重訓練班日期Weightlifting Training Course Timetable 2026-2027

上課地點: 灣仔運動場舉重室 Venue: Wan Chai Sportsground Weightlifting Room

課程及日期 Course & Date	時間 Time	報名連結 Registration Link
<u>初級舉重訓練班(Basic WL-A)</u> 6/6, 13/6, 20/6, 27/6/2026 4/7, 11/7, 18/7, 25/7/2026 8/8, 15/8/2026	逢星期六 Every Saturday 時間 Time: 1pm - 3pm	https://forms.gle/5BWn2dWtsHN5uLzf6
<u>初級舉重訓練班(Basic WL-B)</u> 26/6/2026 3/7, 10/7, 17/7, 24/7/2026 7/8, 14/8, 21/8, 28/8/2026 4/9/2026	逢星期五 Every Friday 時間 Time: 7pm - 9pm	https://forms.gle/Pnb39pEjAyDRxgUC6