中國香港舉重健力總會有限公司 主辦
Organised by The HKWPA Ltd

康樂及文化事務署 資助
Subvented by LCSD

# 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<br>Course & Date | 時間<br>Time | 報名費<br>Registration Fee | 報名連結<br>Registration Link |
|---|---|---|---|
| 初級健力訓練班(Basic PL-A)<br>23/5, 30/5/2026<br>6/6, 13/6, 20/6, 27/6/2026<br>4/7, 11/7, 18/7, 25/7/2026 | 逢星期六 Every Saturday<br>時間 Time: 6pm – 8pm | HK$630 | 已截止報名<br>Registration Closed |
| 初級健力訓練班(Basic PL-B)<br>27/5/2026<br>3/6, 10/6, 17/6, 24/6/2026<br>8/7, 15/7, 22/7, 29/7/2026<br>5/8/2026 | 逢星期三 Every Wednesday<br>時間 Time: 7pm – 9pm | HK$630 | 已截止報名<br>Registration Closed |
| 初級健力訓練班(Basic PL-C)<br>9/6, 16/6, 23/6, 30/6/2026<br>7/7, 14/7, 21/7, 28/7/2026<br>4/8, 11/8/2026 | 逢星期二 Every Tuesday<br>時間 Time: 7pm - 9pm | HK$630 | 已截止報名<br>Registration Closed |
| 中級健力訓練班(Inter PL-A)<br>1/8, 15/8, 22/8, 29/8/2026<br>5/9, 12/9, 19/9/2026<br>3/10, 17/10, 24/10/2026 | 逢星期六 Every Saturday<br>時間 Time: 6pm – 8pm | HK$730 | 已截止報名<br>Registration Closed |
| 中級健力訓練班(Inter PL-B)<br>12/8, 19/8, 26/8/2026<br>2/9 , 16/9, 23/9, 30/9/2026<br>7/10, 14, 21/10/2026 | 逢星期三 Every Wednesday<br>時間 Time: 7pm – 9pm | HK$730 | 已截止報名<br>Registration Closed |
| 中級健力訓練班(Inter PL-C)<br>18/8, 25/8/2026<br>1/9, 8/9, 15/9, 22/9, 29/9/2026<br>6/10, 13/10, 20/10/2026 | 逢星期二 Every Tuesday<br>時間 Time: 7pm - 9pm | HK$730 | 已截止報名<br>Registration Closed |
| 高級健力訓練班(Advanced PL-A)<br>27/10/2026<br>3/11, 10/11, 17/11, 24/11/2026<br>8/12, 15/12, 22/12, 29/12/2026<br>5/1/2027 | 逢星期二 Every Tuesday<br>時間 Time: 7pm - 9pm | HK$830 | 已截止報名<br>Registration Closed |

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| 高級健力訓練班 (Advanced PL-B)<br>28/10/2026<br>4/11, 11/11, 18/11/2026<br>9/12, 16/12, 23/12, 30/12/2026<br>6/1, 13/1/2027 | 逢星期三 Every Wednesday<br>時間 Time: 7pm – 9pm | HK$830 | 已截止報名<br>Registration Closed |
| 高級健力訓練班(Advanced PL-C)<br>31/10/2026<br>7/11, 14/11, 21/11/2026<br>5/12, 12/12, 19/12/2026<br>2/1, 9/1, 16/1/2027 | 逢星期六 Every Saturday<br>時間 Time: 6pm – 8pm | HK$830 | 已截止報名<br>Registration Closed |

# 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<br>Course & Date | 時間<br>Time | 報名費<br>Registration Fee | 報名連結<br>Registration Link |
|---|---|---|---|
| 初級舉重訓練班(Basic WL-A)<br>6/6, 13/6, 20/6, 27/6/2026<br>4/7, 11/7, 18/7, 25/7/2026<br>1/8, 15/8/2026 | 逢星期六 Every Saturday<br>時間 Time: 1pm - 3pm | HK$630 | 已截止報名<br>Registration Closed |
| 初級舉重訓練班(Basic WL-B)<br>26/6/2026<br>3/7, 10/7, 17/7, 24/7/2026<br>7/8, 14/8, 21/8, 28/8/2026<br>4/9/2026 | 逢星期五 Every Friday<br>時間 Time: 7pm - 9pm | HK$630 | 已截止報名<br>Registration Closed |
| 中級舉重訓練班(Inter WL-A)<br>22/8, 29/8/2026<br>5/9, 12/9, 19/9/2026<br>3/10, 17/10, 24/10, 31/10/2026<br>7/11/2026 | 逢星期六 Every Saturday<br>時間 Time: 1pm - 3pm | HK$730 | 已截止報名<br>Registration Closed |
| 中級舉重訓練班(Inter WL-B)<br>18/9, 25/9/2026<br>2/10, 16/10, 23/10, 30/10/2026<br>6/11, 13/11, 20/11/2026<br>11/12/2026 | 逢星期五 Every Friday<br>時間 Time: 7pm - 9pm | HK$730 | 已截止報名<br>Registration Closed |
| 高級舉重訓練班(Advanced WL-A)<br>14/11, 21/11/2026<br>5/12, 12/12, 19/12/2026<br>2/1, 9/1, 16/1, 23/1, 30/1/2027 | 逢星期六 Every Saturday<br>時間 Time: 1pm - 3pm | HK$830 | 已截止報名<br>Registration Closed |
| **高級舉重訓練班(Advanced WL-B)**<br>**18/12/2026**<br>**8/1, 15/1, 22/1, 29/1/2027**<br>**5/2, 12/2, 19/2, 26/2/2027**<br>**5/3/2027** | **逢星期五 Every Friday**<br>**時間 Time: 7pm - 9pm** | **HK$830** | **現開放報名**<br>**Registration Open**<br>https://forms.gle/pyFwoa74GK2vtDwJ6 |