

**Update Timetable for**  
**H.K. Preliminary Athlete Training in April, May & June 2019:**  
**Kata & Kumite Lesson**  
**Venue: Hong Kong Park Sports Centre Activity Room I & II**

**Address: 29 Cotton Tree Drive, Central, Hong Kong.**  
**地址: 香港中環紅棉路二十九號**

**Kata & Kumite Lesson**

| <b>Tuesday</b>    | <b>Friday</b>     |
|-------------------|-------------------|
| <b>7-9pm</b>      | <b>8-10pm</b>     |
| <b>02/04/2019</b> |                   |
| <b>09/04/2019</b> | <b>12/04/2019</b> |
| <b>16/04/2019</b> |                   |
| <b>23/04/2019</b> | <b>26/04/2019</b> |
| <b>30/04/2019</b> | <b>03/05/2019</b> |
| <b>07/05/2019</b> | <b>10/05/2019</b> |
| <b>14/05/2019</b> | <b>17/05/2019</b> |
| <b>21/05/2019</b> | <b>24/05/2019</b> |
| <b>28/05/2019</b> | <b>31/05/2019</b> |
| <b>04/06/2019</b> |                   |
| <b>11/06/2019</b> | <b>14/06/2019</b> |
| <b>18/06/2019</b> | <b>21/06/2019</b> |
| <b>25/06/2019</b> | <b>28/06/2019</b> |

*Rev. 25-03-2019*