

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	報名費 Registration Fee	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	HK\$630	已截止報名 Registration Closed
<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	HK\$630	已截止報名 Registration Closed
<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	HK\$630	已截止報名 Registration Closed
<u>中級健力訓練班(Inter PL-A)</u> 1/8, 15/8, 22/8, 29/8/2026 5/9, 12/9, 19/9/2026 3/10, 17/10, 24/10/2026	逢星期六 Every Saturday 時間 Time: 6pm - 8pm	HK\$730	已截止報名 Registration Closed
<u>中級健力訓練班(Inter PL-B)</u> 12/8, 19/8, 26/8/2026 2/9, 16/9, 23/9, 30/9/2026 7/10, 14, 21/10/2026	逢星期三 Every Wednesday 時間 Time: 7pm - 9pm	HK\$730	已截止報名 Registration Closed
<u>中級健力訓練班(Inter PL-C)</u> 18/8, 25/8/2026 1/9, 8/9, 15/9, 22/9, 29/9/2026 6/10, 13/10, 20/10/2026	逢星期二 Every Tuesday 時間 Time: 7pm - 9pm	HK\$730	已截止報名 Registration Closed
<u>高級健力訓練班(Advanced PL-A)</u> 27/10/2026 3/11, 10/11, 17/11, 24/11/2026 8/12, 15/12, 22/12, 29/12/2026 5/1/2027	逢星期二 Every Tuesday 時間 Time: 7pm - 9pm	HK\$830	https://forms.gle/C3j5FxmKXu366xii7

<u>高級健力訓練班 (Advanced PL-B)</u> 28/10/2026 4/11, 11/11, 18/11/2026 9/12, 16/12, 23/12, 30/12/2026 6/1, 13/1/2027	逢星期三 Every Wednesday 時間 Time: 7pm - 9pm	HK\$830	https://forms.gle/NDw2pKu7v5c5AC55A
<u>高級健力訓練班(Advanced PL-C)</u> 31/10/2026 7/11, 14/11, 21/11/2026 5/12, 12/12, 19/12/2026 2/1, 9/1, 16/1/2027	逢星期六 Every Saturday 時間 Time: 6pm - 8pm	HK\$830	https://forms.gle/NLaxzroouRMu7RNg7

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	報名費 Registration Fee	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 1/8, 15/8/2026	逢星期六 Every Saturday 時間 Time: 1pm - 3pm	HK\$630	已截止報名 Registration Closed
<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	HK\$630	已截止報名 Registration Closed
<u>中級舉重訓練班(Inter WL-A)</u> 22/8, 29/8/2026 5/9, 12/9, 19/9/2026 3/10, 17/10, 24/10, 31/10/2026 7/11/2026	逢星期六 Every Saturday 時間 Time: 1pm - 3pm	HK\$730	已截止報名 Registration Closed
<u>中級舉重訓練班(Inter WL-B)</u> 18/9, 25/9/2026 2/10, 16/10, 23/10, 30/10/2026 6/11, 13/11, 20/11/2026 11/12/2026	逢星期五 Every Friday 時間 Time: 7pm - 9pm	HK\$730	已截止報名 Registration Closed
<u>高級舉重訓練班(Advanced WL-A)</u> 14/11, 21/11/2026 5/12, 12/12, 19/12/2026 2/1, 9/1, 16/1, 23/1, 30/1/2027	逢星期六 Every Saturday 時間 Time: 1pm - 3pm	HK\$830	https://forms.gle/MHwFr3goTxTSX8su8