

## SPORTS & LIFESTYLE PROGRAMMES SCHEDULE FOR CHINESE NEW YEAR 2024

Programme	Club Closure		Sun, 11 Feb	Mon, 12 Feb	Resume Date
	Fri, 9 Feb	Sat, 10 Feb			
Abacus & Mathematics	NA	NA	NA	NA	Wed, 14 Feb
Advance Pilates "Move My Tissue"	NA	NA	NA	Class as usual	Mon, 12 Feb
Basketball Junior Programme	NA	No Training	No Training	NA	Thu, 15 Feb
Body Band Balance	NA	NA	NA	Class as usual	Mon, 12 Feb
Bowling COE Programme Training	NA	No Training	NA	NA	Tue, 13 Feb
Bowling Learn-to-Play Programme	NA	No Training	NA	NA	Sat, 17 Feb
Children Ballet	No Class	NA	NA	Class as usual	Mon, 12 Feb
Chinese Brush Painting (Thu)	NA	NA	NA	NA	Thu, 15 Feb
Chinese Calligraphy (Mon)	NA	NA	NA	Class as usual	Mon, 12 Feb
CSC Badminton Academy	No Training	No Training	No Training	No Training	Fri, 16 Feb
Dance Class by Peter Wong (Mon)	NA	NA	NA	No Class	Mon, 19 Feb
Dance Class by Peter Wong (Fri)	NA	NA	NA	NA	Fri, 16 Feb
Dance Practice (Wed)	NA	NA	NA	NA	Wed, 21 Feb
Dynamic Barre Fusion (Fri)	No Class	NA	NA	NA	Fri, 16 Feb
Gentle Yoga (Fri)	No Class	NA	NA	NA	Fri, 16 Feb
Hatha Vinyasa Yoga (Mon)	NA	NA	NA	No Class	Mon, 19 Feb
Junior Water Polo	No Training	No Training	NA	No Training	Tue, 13 Feb
Junior Water Polo (Flippa Ball)	NA	No Training	NA	No Training	Sat, 17 Feb
Line Dance by Philip (Tue)	NA	NA	NA	NA	Tue, 20 Feb
Line Dance by Philip (Sun)	NA	NA	No Class	NA	Sun, 18 Feb
Mindful Gentle Yoga (Sat)	NA	No Class	NA	NA	Sat, 24 Feb
Pilates (Mon)	NA	NA	NA	Class as usual	Mon, 12 Feb
Pilates (Sat)	NA	No Class	NA	NA	Sat, 17 Feb
Solo Latin Dance for Ladies (Wed)	NA	NA	NA	NA	Wed, 14 Feb
Swimming (Learn-to-Swim)	No Training	No Training	No Training	NA	Tue, 13 Feb
Swimming (HPT, A1, A2, B1)	AM Training	No Training	No Training	Class as usual	Mon, 12 Feb
Swimming (B2, B3, C1 and C2)	No Training	No Training	No Training	Class as usual	Mon, 12 Feb
Swimming (Little Fish, PC-Jr, PC-Snr)	No Training	No Training	No Training	No Training	Tue, 13 Feb
Swimming (Artistic Swimming)	NA	NA	No Training	NA	Thu, 15 Feb
Swimming (Masters)	No Training	No Training	No Training	No Training	Tue, 13 Feb
Table Tennis CSC- LJW Junior Programme	NA	No Training	No Training	No Training	Wed, 14 Feb
Taekwondo	No Training	NA	No Training	NA	Fri, 16 Feb
TAG Tennis Junior Programme	No Training	No Training	No Training	NA	Thu, 15 Feb
Taiji Qigong (Sun)	NA	NA	No Class	NA	Sun, 18 Feb
Wushu	NA	No Training	No Training	NA	Sat, 17 Feb
Ultimate Squasher Youth Squash Training	No Training	NA	NA	No Training	Wed, 14 Feb
Zumba Fitness (Mon)	NA	NA	NA	Class as usual	Mon, 12 Feb

**NOTE:** All Section Training scheduled during the Chinese New Year Club Closure on Friday, 9 February 2024 and Saturday, 10 February 2024 will be cancelled. Training will resume on Sunday, 11 February 2024 unless otherwise stated.

For the exercise classes under the Flexi-Pass program, please log in to the Flexi-Pass booking system to check on the status.

31 December 2023  
The Management