

Class Schedules

Information & Application Method:

- Hong Kong Island
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Location: Tin Hau

Training Center: Parkview Center

Activities: Gymnastics

Training Times: Mon-Sat 9:00am - 8:30pm & Sun 9:00am - 6:30pm

Information &

Application Method : For enquiry, please call us at 27574324.

[Click here for Class Schedule & Application Form](#)

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Location: Causeway Bay

Training Center: South China Athletic Association

Activities: Gymnastics

Training Times: Gymnastics - Tue 6:00pm-7:00pm Sat 2:00pm-4:30pm
Sun 10:00am-12:30pm Trampoline - Sat 4:30pm-7:30pm

Information & For queries, please contact us at 27574324 or

Application Method : 25775367.

<http://www.scaa.org.hk/index.php/Courses/detail/nl>

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Location: Happy Valley

Training Center: Hong Kong Jockey Club

Activities: Gymnastics

Training Times: Thu 4:15pm-6:00pm

Information & [For members and accompany guest only]For queries,

Application Method : please contact the club.

<http://member.hkjc.com/en/index.asp>

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Location: Cyberport
Training Center: Bel-Air Club
Activities: Gymnastics
Training Times: Tue 4:00pm-7:00pm
Information & (For members only) For enquiry, please contact us at
Application Method : 27574324.

Location: Heng Fa Chuen
Training Center: Heng Fa Chuen Club
Activities: Gymnastics
Training Times: Mon 5:30pm-8:30pm Wed 6:30pm-9:00pm
Information & [For members and accompany guest only]For queries,
Application Method : please contact the club.

Location: Tai Tam
Training Center: American Club
Activities: Gymnastics
Training Times: Wed Level 1 2:45-3:30pm Level 2 3:30pm-4:30pm
Intermediate 4:30-5:45pm ; Advanced 5:45pm-7:15pm
Information & [For members and accompany guest only]For queries,
Application Method : please contact the club.
<http://www.americanclubhk.com/>

Location: Aberdeen
Training Center: Aberdeen Marina Club
Activities: Gymnastics
Training Times: Thu 2:30pm-4:00pm Sat 9:30am-12:30pm Sun 9:00am-
11:30am
Information & [For member and accompany guest only]For enquiries,
Application Method : please refer to the club.
<http://www.aberdeenmarinaclub.com/eng/index.aspx>

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Location: Sai Wan
Training Center: Belcher's Club
Activities: Gymnastics
Training Times: Fri 4:00pm-9:00pm
Information & [For member and accompany guest only]For queries,
Application Method : please contact the club.
<http://www.belcher.com.hk/>

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Location: Sai Wan
Training Center: Belcher's Club
Activities: Badminton
Training Times: Mon 4:00pm-9:30pm Thu 4:30pm-9:00pm
Information & [For member and accompany guest only]For queries,
Application Method : please contact the club.
<http://www.belcher.com.hk/>