

Schedule for the week Monday 11- Sunday 17 January 2010.

Please check the page “Camps” and “Officers” for more information on meeting points and trainers.

Monday 11th January

Hong Kong Cricket Club– @ 0530, 0630 & 0830 – **Nathan**

American Club - @ 0600, 0700 & 0800 – **Hayward**

LRC - @ 0715, 0815 – **Sampson**

Pokfulam Middleton Towers @ 0615 – **Geoff (Private Bootcamp)**

Clear Water Bay - @ 0730 – **Elliot**

Happy Valley @ 0930 – **Jimmy**

Central @ 1830 – **Sampson** – First session @ 1930 – **Sampson**

Pokfulam @ 1830 – **Joey**

Tuesday 12th January

Hong Kong Cricket Club – @ 0630 – **Sampson**

Tai Tam @ 0615 – **John** – First session

Hollywood Road @ 0645 – **Geoff** – First session

Central @ 0630 – **Louis**

Midlevels Brewin Path @ 1300 – **Hayward**

Wednesday 13th January

HKCC – @ 0530, 0630 & 0830 – **Jimmy**

American Club - @ 0600, 0700 & 0800 – **Hayward**

Middleton Towers @ 0615 - **Joey (Private Bootcamp)**

CWB - @ 0730 – **Elliot**

Happy Valley @ 0930 – **Sampson**

Central @ 1830 – **Sampson** @ 1930 – **Sampson**

Thursday 14th January

HKCC – @ 0630 – **Jimmy**

Tai Tam @ 0615 – **John**

Brewin Path @ 1300 – **Hayward**

Pokfulam, Stanley Ho @ 1830 – **Sampson**

HKCC – @ 1900 – **Jimmy**

Friday 15th January

HKCC – @ 0530, 0630, 0830 – **Jimmy**

American Club - @ 0600, 0700 & 0800 – **Hayward**

LRC - @ 0715, 0815 – **Sampson**

Hollywood Road @ 0645 – **Geoff**

Central @ 0630 – **Louis**

Happy Valley @ 0930 – **Elliot**