

2025-26青苗(第二階段)訓練時間表

班號	場地	日期	星期	時間
A1	良田體育館	10, 13, *14, 17, 20, *21, 24, 27, *28/3/2026 10, *11, 14, 17, *18, 21, 24, *25, 28/4/2026 *2, 5/5/2026	Tue/Fri	1800 - 1930
			*Sat	1700 - 1830
B1			Tue/Fri	1930 - 2100
			*Sat	1830 - 2000
A2	荃灣西約體育館	*7, *14, 20, *21, 27, *28/3/2026 10, *11, 17, *18/4/2026 8, *9/5/2026	Fri/*Sat	1800 - 1930
	荃景圍體育館	9, 16, 23, 30/3/2026 1, 8, 15, 22/4/2026	Mon/Wed	1900 - 2030
B2	荃灣西約體育館	*7, *14, 20, *21, 27, *28/3/2026 10, *11, 17, *18/4/2026 8, *9/5/2026	Fri/*Sat	1930 - 2100
	荃景圍體育館	9, 16, 23, 30/3/2026 1, 8, 15, 22/4/2026	Mon/Wed	2030 - 2200
D1	荔枝角公園體育館	9, *13, 16, *20, 23, *27, 30/3/2026 *10, 13, *17, 20, *24, 27/4/2026 4, *8/5/2026	Mon/*Fri	1900 - 2030
	大窩口體育館	10, 17, 24/3/2026 14, 21/4/2026	Tue	
C1	荔枝角公園體育館	9, *13, 16, *20, 23, *27, 30/3/2026 *10, 13, *17, 20, *24, 27/4/2026 4, *8/5/2026	Mon/*Fri	2030 - 2200
	大窩口體育館	10, 17, 24/3/2026 14, 21/4/2026	Tue	
D2	石硤尾公園體育館	9, 11, 16, 18, *21, 23, 25, *28, 30/3/2026 1, 8, *11, 13, 15, 20, 22, *25, 27, 29/4/2026 4/5/2026	Mon/Wed/*Sat	1900 - 2030
B3				2030 - 2200
D3	摩士公園體育館	10, *15, 17, #18, *22, 24, #25, *29, 31/3/2026 #1, *5, 7, *12, 14, *19, 21, *26, 28/4/2026 *3, 5/5/2026	Tue/#Wed	1900 - 2030
			*Sun	1300 - 14:30
C2			Tue/#Wed	2030 - 2200
			*Sun	1430 - 1600
A3	美林體育館	11, *15, 18, ^20, *22, 25, ^27, *29/3/2026 1, ^3, 8, ^10, *12, 15, *19, 22, *26, 29/4/2026 *3, 6/5/2026	Wed/^Fri/*Sun	1800 - 1930
B4				1930 - 2100
D4	將軍澳體育館	10, ^14, 17, *22, 24, ^28, 31/3/2026 3, 7, ^11, 14, ^18, 21, *26, 28/4/2026 1, 5, ^9/5/2026	Tue/Fri/ ^Sat/*Sun	1800 - 1930
	翠林體育館	*29/3/2026 *5/4/2026	*Sun	
B5	將軍澳體育館	10, ^14, 17, *22, 24, ^28, 31/3/2026 3, 7, ^11, 14, ^18, 21, *26, 28/4/2026 1, 5, ^9/5/2026	Tue/Fri/ ^Sat/*Sun	1930 - 2100
	翠林體育館	*29/3/2026 *5/4/2026	*Sun	
A4	黃竹坑體育館	9, #11, *14, 16, #18, *21, 23, *28, 30/3/2026 *4, 6, *11, 13, *18, 20, *25, 27/4/2026 *2, 4, *9/5/2026	Mon/#Wed/*Sat	1900 - 2030
B6				2030 – 2200