

2025-26青苗(第三階段)訓練時間表

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