

AHSB-HK Timetable (1 May 22 – 30 June 22)

MON	TUE	WED	THUR	FRI	SAT	SUN
9:15 – 10:00 PSD	8:30 – 9:30 Silver Swan		9:15 – 10:00 PP		9:00 – 10:00 G.6	9:00 – 10:00 New Inter
10:00 – 10:45 G1			10:00 – 10:45 G2		10:00 – 11:00 G1	10:00 – 11:15 AF
10:45 – 11:30 PRI			11:30 – 12:30 Adult L1		11:00 – 11:45 PSD2	11:15 – 12:45 A2
11:30 – 12:30 Adult L1					11:45 – 12:30 PSD1	1:00 – 2:15 New AF
					12:30 – 1:15 PP	2:15 – 3:15 IF
		2:00 – 2:45 Private Coaching	2:15 – 3:00 Private Coaching	2:15 – 3:00 PSD 1	1:45 – 2:30 PRI	3:15 – 4:15 Make up
	2:45 – 3:45 G1	3:00 – 3:45 PSD 1	3:00 – 3:45 PSD 2	3:00 – 3:45 PP	2:30 – 3:30 G.2	
3:45 – 4:45 G.3	3:45 – 4:45 G1	3:45 – 4:30 PP	3:45 – 4:30 PRI	3:45 – 4:45 G1	3:30 – 4:30 G.3	
4:45 – 5:30 PRI	4:45 – 5:30 PRI	4:30 – 5:15 PSD 2	4:30 – 5:15 PP	4:45 – 5:45 G4	4:30 – 5:30 G.5	
5:30 – 6:30 G5	5:30 – 6:30 G6	5:15 – 6:15 G.4	5:15 – 6:15 G.2	5:45 – 6:45 G.1	5:30 – 6:30 G7	
6:30 – 7:30 G2	6:30 – 7:30 G8	6:15 – 7:15 G7	6:15 – 7:15 G.3	6:45 – 7:45 G8	6:30 – 7:15 Private coaching	
7:30 – 8:45 AF	7:30 – 8:30 Private Coaching	7:15 – 8:00 Private Coaching	7:15 – 8:00 Private Coaching	7:45 – 9:00 New AF		

