



The Hong Kong Polytechnic University
Staff Club
Staff Sports Programme (Sep-Oct 2009)

Monday		Tuesday		Wednesday		Thursday		Friday	
Course No.: EX090901 Name: Pure Yoga Date: 7, 14, 28 Sep, 5, 12, 19 Oct 2009 (Except 21 Sep) Time: 1300-1400 Price: Member: HK\$150 / Non-member: HK\$210 Venue: S505 Capacity: 15 Instructor: Cammy Au Yeung				Course No.: EX090906 Name: Pure Yoga Date: 2, 9, 16, 30 Sep, 7, 14, 21, 28 Oct 2009 (Except 23 Sep) Time: 1300-1400 Price: Member: HK\$200 / Non-member: HK\$280 Venue: S505 Capacity: 15 Instructor: Cammy Au Yeung				Course No.: EX090909 Name: Pure Yoga Date: 4, 11, 18 Sep, 2, 9, 16, 23, 30 Oct 2009 (Except 25 Sep) Time: 1300-1400 Price: Member: HK\$200 / Non-member: HK\$280 Venue: S505 Capacity: 15 Instructor: Cammy Au Yeung	
Course No.: EX090902 Name: Pilates & Yoga Express Date: 7, 14, 21, 28 Sep, 5, 12, 19 Oct 2009 Time: 1300-1400 Price: Member: HK\$175 / Non-member: HK\$245 Venue: S121 Capacity: 15 Instructor: Stephanie Tsui	Course No.: EX090903 Name: Stretch & Tone Date: 1, 8, 15, 22, 29 Sep, 6, 13, 20, 27 Oct 2009 Time: 1300-1400 Price: Member: HK\$225 / Non-member: HK\$315 Venue: S121 Capacity: 15 Instructor: Chi	Course No.: EX090907 Name: New Body Date: 2, 9, 16, 23, 30 Sep, 7, 14, 21, 28 Oct 2009 Time: 1300-1400 Price: Member: HK\$225 / Non-member: HK\$315 Venue: S121 Capacity: 15 Instructor: Clara Kee							
Course No.: DN090901 Name: Belly Dance Date: 14, 21, 28 Sep, 5, 12, 19 Oct 2009 Time: 1300-1400 Price: Member: HK\$300 / Non-member: HK\$360 Venue: VS07e Capacity: 10 Instructor: Clara Kee									

		Course No.: EX090904 Name: Kick-boxing Date: 1, 8, 22, 29 Sep, 6, 13, 20, 27 Oct 2009 Time: 1800-1900 Price: Member: HK\$200 / Non-member: HK\$280 Venue: VS07e Capacity: 15 Instructor: Eddie Law	Course No.: DN090903 Name: Funky Dance Date: 2, 9, 16, 23, 30 Sep, 7, 14, 21, 28 Oct 2009 Time: 1800-1930 Price: Member: HK\$450 / Non-member: HK\$540 Venue: VS07e Capacity: 15 Instructor: Ching Yee						
Course No.: DN090902 Name: Jazz Dance Date: 7, 14, 21, 28 Sep, 5, 12, 19 Oct 2009 Time: 1800-1930 Price: Member: HK\$350 / Non-member: HK\$420 Venue: S121 Capacity: 15 Instructor: TBC	Course No.: EX090905 Name: Pilates & Yoga Express Date: 1, 8, 15, 22, 29 Sep, 6, 13, 20, 27 Oct 2009 Time: 1800-1900 Price: Member: HK\$225 / Non-member: HK\$315 Venue: S121 Capacity: 15 Instructor: Stephanie Tsui	Course No.: EX090908 Name: Aerobic Dance Date: 2, 9, 16, 23, 30 Sep, 7, 14, 21, 28 Oct 2009 Time: 1800-1900 Price: Member: HK\$225 / Non-member: HK\$315 Venue: S121 Capacity: 15 Instructor: TBC				Course No.: DN090904 Name: Social Dance Date: 4, 11, 18, 25 Sep, 2, 9, 16, 23, 30 Oct 2009 Time: 1800-1930 Price: Member: HK\$450 / Non-member: HK\$540 Venue: S121 Capacity: 10 Instructor: Ng Chi Hung			

Sports Programme

	Course No.: BD090901 Name: Intermediate Badminton Training Course Date: 15, 22, 29 Sep, 6, 13, 20 Oct 2009 Time: 1800-1930 Price: Member: HK\$600 / Non-member: HK\$720 Venue: Kwong On Jubilee Sports Centre Capacity: 5 Instructor: TBC	Course No.: SQ090901 Name: Elementary Squash Training Course Date: 2, 9, 16, 23, 30 Sep, 7, 14, 21, 28 Oct 2009 Time: 1800-1930 Price: Member: HK\$225 / Non-member: HK\$315 Venue: Kwong On Jubilee Sports Centre Capacity: 8 Instructor: Samy Leung/ Rico Cheung			Course No.: TN090901 Name: Elementary Tennis Training Course Date: 11, 18, 25 Sep, 9, 16, 23 Oct 2009 Time: 1800-1915 Price: Member: HK\$600 / Non-member: HK\$720 Venue: Shaw Sports Centre Capacity: 6 Instructor: Andy
	Course No.: BD090902 Name: Elementary Badminton Training Course Date: 9, 16, 23, 30 Sep, 7, 14 Oct 2009 Time: 1830-2000 Price: Member: HK\$600 / Non-member: HK\$720 Venue: Kwong On Jubilee Sports Centre Capacity: 5 Instructor: TBC	Course No.: BD090903 Name: Elementary Badminton Training Course Date: 9, 16, 23, 30 Sep, 7, 14 Oct 2009 Time: 2000-2130 Price: Member: HK\$600 / Non-member: HK\$720 Venue: Kwong On Jubilee Sports Centre Capacity: 5 Instructor: TBC			Course No.: TN090902 Name: Intermediate Tennis Training Course Date: 11, 18, 25 Sep, 9, 16, 23 Oct 2009 Time: 1915-2030 Price: Member: HK\$600 / Non-member: HK\$720 Venue: Shaw Sports Centre Capacity: 6 Instructor: Andy