

The Baseball Association of Hong Kong, China

Women Squad Training Schedule
For the period of Apr 2025to Mar 2026

Last updated: 01 Apr 2025

Organizer:
The Baseball Association of Hong Kong, China (BAHKC)

WNS/WRS/WF

Subvention:
WNS (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
WRS (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B2)
WF (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
SAG: Sports Aid Grant (SAG), direct financial support from the Hong Kong Sports Institute (HKSI) to the eligible players

Date (YYYY-MM-DD)	Day		Time	hours	Venue		Remarks	Subvention Source
2025-04-01	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-02	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-03	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-04-06	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-04-08	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-09	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-10	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-04-13	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-04-15	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-16	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-17	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-04-20	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-04-22	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-23	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-24	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-04-27	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-04-29	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-04-30					杭州	1/5 - 6/5 第三屆全國女子棒球錦標賽	Women	LCSD Cat A(0)
2025-04-30	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-01	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-05-04	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-05-06	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-07	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-08	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-05-11	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-05-13	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-14	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-15	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-05-18	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-05-20	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-21	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-22	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-05-25	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-05-27	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-28	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-05-29	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
June								
2025-06-01	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-06-03	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-06-04	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-06-05	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-06-08	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-06-10	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-06-11	Wed	3	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-06-12	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-06-15	Sun	7	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-06-17	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-06-18	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-06-19	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-06-22	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-06-24	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-06-25	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-06-26	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-06-29	Sun	7	9:30 ~ 12:30	3:00	Women's Baseball Fun day Event			-

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Women Squad Training Schedule
For the period of Apr 2025to Mar 2026

Last updated: 01 Apr 2025

Organizer:
The Baseball Association of Hong Kong, China (BAHKC)

WNS/WRS/WF

Subvention:
WNS (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
WRS (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B2)
WF (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
SAG: Sports Aid Grant (SAG), direct financial support from the Hong Kong Sports Institute (HKSI) to the eligible players

Date (YYYY-MM-DD)	Day		Time	hours	Venue		Remarks	Subvention Source
2025-07-01	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-07-02	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-03	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-06	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-07-07					杭州	7-13 JUL 2025 “瓜沥杯” 亚洲女子棒球城市联赛	WNS	-
2025-07-08	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-07-09	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-10	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-13	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-07-15	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-07-16	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-17	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-20	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-07-22	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-07-23	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-24	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-27	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-07-29	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-07-30	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-07-31	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-01	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-08-03	Sun	7	9:30 ~ 12:30	3:00	STW		WNS+WRS	LCSD
2025-08-03	Sun	7	13:30 ~ 16:30	3:00	STW		WF	LCSD
2025-08-05	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-08-06	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-07	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-08	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-08-10	Sun	7	9:30 ~ 12:30	3:00	STW		WNS+WRS	LCSD
2025-08-10	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS+WF	LCSD
2025-08-12	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-08-13	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-14	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-15	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-08-17	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-08-17	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS+WF	LCSD
2025-08-19	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-08-20	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-21	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-22	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-08-24	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-08-24	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-08-26	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-08-27	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-28	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-08-29	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-08-31	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-08-31	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-09-02	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-09-03	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-09-04	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-09-05	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-09-07	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-09-07	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-09-09	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-09-10	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-09-11	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-09-12	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-09-14	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-09-14	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-09-16	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-09-17	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-09-18	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-09-19	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-09-21	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-09-21	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-09-23	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-09-24	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-09-25	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-09-26	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-09-28	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-09-28	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD

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Subvention:
WNS (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
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WF (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
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Date (YYYY-MM-DD)	Day		Time	hours	Venue		Remarks	Subvention Source
2025-09-30	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-10-01	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-02	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-03	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-10-05	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-10-05	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-10-07	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-10-08	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-09	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-10	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-10-12	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-10-12	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-10-14	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-10-15	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-16	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-17	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-10-19	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-10-19	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-10-21	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-10-22	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-23	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-26	Sun				杭州	26 OCT - 6 NOV 2025 BFA VI Women's Baseball Asia Cup	WNS	-
2025-10-26	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-10-26	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-10-28	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-10-29	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-30	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-10-31	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-11-02	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-11-02	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-11-04	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-11-05	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-11-06	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-11-07	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-11-09	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-11-09	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-11-11	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-11-12	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-11-13	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-11-14	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-11-16	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-11-16	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-11-18	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-11-19	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-11-20	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-11-21	Fri	4	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-11-23	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-11-23	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-11-25	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-11-26	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-11-27	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-11-28	Fri	4	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-11-30	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-11-30	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-12-02	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-12-03	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-12-04	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-12-05	Fri	4	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-12-07	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-12-07	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-12-09	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-12-10	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-12-11	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-12-12	Fri	5	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-12-14	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-12-14	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD
2025-12-16	Tue	2	19:00 ~ 22:00	3:00	STW		WNS+WRS	LCSD
2025-12-17	Wed	3	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-12-18	Thu	4	19:00 ~ 22:00	3:00	STW		WNS(S&C)+WRS(S&C)	LCSD
2025-12-19	Fri	4	19:00 ~ 22:00	3:00	STW		WF	LCSD
2025-12-21	Sun	7	9:30 ~ 12:30	3:00	STW		WF	LCSD
2025-12-21	Sun	7	13:30 ~ 16:30	3:00	STW		WNS+WRS	LCSD

The Baseball Association of Hong Kong, China

Women Squad Training Schedule
For the period of Apr 2025to Mar 2026

Last updated: 01 Apr 2025

Organizer:
The Baseball Association of Hong Kong, China (BAHKC)

WNS/WRS/WF

Subvention:
WNS (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
WRS (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B2)
WF (Regular Training) : Block grant subvention by the Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat. B1)
SAG: Sports Aid Grant (SAG), direct financial support from the Hong Kong Sports Institute (HKSI) to the eligible players

Date (YYYY-MM-DD)	Day		Time	hours	Venue	Remarks	Subvention Source
2025-12-23	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2025-12-24	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2025-12-25	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2025-12-26	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2025-12-28	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2025-12-28	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2025-12-30	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2025-12-31	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-01	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-02	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-01-04	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-01-04	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-01-06	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-01-07	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-08	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-09	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-01-11	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-01-11	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-01-13	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-01-14	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-15	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-16	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-01-18	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-01-18	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-01-20	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-01-21	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-22	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-23	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-01-25	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-01-25	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-01-27	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-01-28	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-29	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-01-30	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-02-01	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-02-01	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-02-03	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-02-04	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-02-05	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-02-06	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-02-08	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-02-08	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-02-10	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-02-11	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-02-12	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-02-13	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-02-15	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-02-15	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-02-17	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-02-18	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-02-19	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-02-20	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-02-22	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-02-22	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-02-24	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-02-25	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-02-26	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-02-27	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-03-01	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-03-01	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-03-03	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-03-04	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-03-05	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-03-06	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-03-08	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-03-08	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-03-10	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-03-11	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-03-12	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-03-13	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-03-15	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-03-15	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD

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Women Squad Training Schedule
For the period of Apr 2025to Mar 2026

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2026-03-17	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-03-18	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-03-19	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-03-20	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-03-22	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-03-22	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-03-24	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD
2026-03-25	Wed	3	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-03-26	Thu	4	19:00 ~ 22:00	3:00	STW	WNS(S&C)+WRS(S&C)	LCSD
2026-03-27	Fri	4	19:00 ~ 22:00	3:00	STW	WF	LCSD
2026-03-29	Sun	7	9:30 ~ 12:30	3:00	STW	WF	LCSD
2026-03-29	Sun	7	13:30 ~ 16:30	3:00	STW	WNS+WRS	LCSD
2026-03-31	Tue	2	19:00 ~ 22:00	3:00	STW	WNS+WRS	LCSD