

駱克道體育館健身室(一)開放時間 (2026年4月) Opening Hour of Fitness Room (1) for Lockhart Road Sports Centre in April 2026

備註 Notes:

| | |
|----------|------------------------|
| A | 開放 Available |
| P | 活動 Programme |
| T | 訓練 Training |
| B | 團體預訂 Block Booking |
| M | 保養日 Maintenance |
| S | 暫停開放時刻 Sessional break |

時票名額 Quota for Hourly Ticket Users: 9

月票名額 Quota for Monthly Ticket Users: 9

| 日期 Date 時間 Time | 1 週三 Wed | 2 週四 Thu | 3 週五 Fri | 4 週六 Sat | 5 週日 Sun | 6 週一 Mon | 7 週二 Tue | 8 週三 Wed | 9 週四 Thu | 10 週五 Fri | 11 週六 Sat | 12 週日 Sun | 13 週一 Mon | 14 週二 Tue | 15 週三 Wed | 16 週四 Thu | 17 週五 Fri | 18 週六 Sat | 19 週日 Sun | 20 週一 Mon | 21 週二 Tue | 22 週三 Wed | 23 週四 Thu | 24 週五 Fri | 25 週六 Sat | 26 週日 Sun | 27 週一 Mon | 28 週二 Tue | 29 週三 Wed | 30 週四 Thu |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00 - 08:00 | A | A | A | A | A | A | M | A | A | A | A | P | P | P | P | P | A | A | M | P | P | P | P | A | A | P | P | P | P | |
| 08:00 - 09:00 | A | A | A | A | A | A | M | A | A | A | A | P | P | P | P | P | A | A | M | P | P | P | P | A | A | P | P | P | P | |
| 09:00 - 10:00 | A | A | A | A | A | A | M | A | A | A | A | P | A | P | A | P | A | A | M | A | P | A | P | A | A | P | A | P | A | |
| 10:00 - 11:00 | A | A | A | A | A | A | M | A | A | A | A | P | A | P | A | P | A | A | M | A | P | A | P | A | A | P | A | P | A | |
| 11:00 - 12:00 | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | |
| 12:00 - 13:00 | A | A | A | A | A | A | M | A | A | A | A | A | A | P | A | P | A | A | M | P | A | P | A | A | A | A | P | A | P | |
| 13:00 - 14:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | P | A | P | A | A | A | P | A | P | A | A | A | A | P | A | P | |
| 14:00 - 15:00 | A | A | A | A | A | A | A | A | A | A | A | P | A | A | A | A | A | P | A | A | A | A | A | A | A | P | A | A | A | |
| 15:00 - 16:00 | A | A | A | A | A | A | A | A | A | A | A | P | P | A | P | A | P | P | A | P | P | A | P | A | P | P | A | P | A | |
| 16:00 - 17:00 | A | A | A | A | A | A | A | A | A | A | A | P | P | A | P | A | P | A | P | P | A | P | A | P | A | A | P | A | P | |
| 17:00 - 18:00 | A | A | A | A | A | A | A | A | A | A | A | A | P | A | P | A | P | A | A | P | A | P | A | P | A | A | P | A | P | |
| 18:00 - 19:00 | A | A | A | A | A | A | A | A | A | A | A | A | P | A | P | A | A | A | A | P | A | P | A | A | A | A | P | A | P | |
| 19:00 - 20:00 | A | A | A | A | A | A | A | A | A | A | A | A | P | A | P | A | A | A | A | P | A | P | A | A | A | A | P | A | P | |
| 20:00 - 21:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | P | A | P | A | A | A | P | A | P | A | A | A | A | A | P | A | |
| 21:00 - 22:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | P | A | P | A | A | A | P | A | P | A | A | A | A | P | A | P | |
| 22:00 - 23:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | |

時間表只供參考，請向場地職員查詢最新預訂情況。 The timetable is for reference only. Please contact venue staff for the latest booking status.

發出日期 Date of issue 8.2.2026

最新更新日期 Date of latest update 8.2.2026

駱克道體育館健身室(二)開放時間 (2026年4月) Opening Hour of Fitness Room (2) for Lockhart Road Sports Centre in April 2026

備註 Notes:

| | |
|----------|------------------------|
| A | 開放 Available |
| P | 活動 Programme |
| T | 訓練 Training |
| B | 團體預訂 Block Booking |
| M | 保養日 Maintenance |
| S | 暫停開放時刻 Sessional break |

時票名額 Quota for Hourly Ticket Users: 6

月票名額 Quota for Monthly Ticket Users: 6

| 日期 Date 時間 Time | 1 週三 Wed | 2 週四 Thu | 3 週五 Fri | 4 週六 Sat | 5 週日 Sun | 6 週一 Mon | 7 週二 Tue | 8 週三 Wed | 9 週四 Thu | 10 週五 Fri | 11 週六 Sat | 12 週日 Sun | 13 週一 Mon | 14 週二 Tue | 15 週三 Wed | 16 週四 Thu | 17 週五 Fri | 18 週六 Sat | 19 週日 Sun | 20 週一 Mon | 21 週二 Tue | 22 週三 Wed | 23 週四 Thu | 24 週五 Fri | 25 週六 Sat | 26 週日 Sun | 27 週一 Mon | 28 週二 Tue | 29 週三 Wed | 30 週四 Thu |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00 - 08:00 | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A |
| 08:00 - 09:00 | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A |
| 09:00 - 10:00 | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A |
| 10:00 - 11:00 | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A |
| 11:00 - 12:00 | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A |
| 12:00 - 13:00 | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A |
| 13:00 - 14:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 14:00 - 15:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 15:00 - 16:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 16:00 - 17:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 17:00 - 18:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 18:00 - 19:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 19:00 - 20:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 20:00 - 21:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 21:00 - 22:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 22:00 - 23:00 | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |

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