上環體育館健身室開放時間 (2026年12月) Opening Hour of Fitness Room for Sheung Wan Sports Centre in December 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: 16
月票名額 Quota for Monthly Ticket Users: 22

日期 Date 時間 Time	1 週二 Tue	2 週三 Wed	3 週四 Thu	4 週五 Fri	5 週六 Sat	6 週日 Sun	7 週一 Mon	8 週二 Tue	9 週三 Wed	10 週四 Thu	11 週五 Fri	12 週六 Sat	13 週日 Sun	14 週一 Mon	15 週二 Tue	16 週三 Wed	17 週四 Thu	18 週五 Fri	19 週六 Sat	20 週日 Sun	21 週一 Mon	22 週二 Tue	23 週三 Wed	24 週四 Thu	25 週五 Fri	26 週六 Sat	27 週日 Sun	28 週一 Mon	29 週二 Tue	30 週三 Wed	31 週四 Thu
07:00 - 08:00	A	P	A	P	A	A	P	A	P	A	P	A	A	P	A	A	A	P	A	A	P	A	P	A	A	A	A	P	A	P	A
08:00 - 09:00	A	P	A	P	A	A	P	A	P	A	P	A	A	P	A	A	A	P	A	A	P	A	P	A	A	A	A	P	A	P	A
09:00 - 10:00	A	A	A	A	A	A	M	A	A	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	B	A	B	A	A	A	M	B	A	B	A	A	A	A	B	A	B	A	A	A	M	B	A	B	A	A	A	A	B	A	B
11:00 - 12:00	A	A	A	A	A	A	M	A	A	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	P	A	P	A	A	M	A	P	A	P	A	A	A	A	P	A	P	A	A	M	A	P	A	A	A	A	A	A	A	A
13:00 - 14:00	A	P	A	P	A	A	M	A	P	A	P	A	A	A	A	P	A	P	A	A	M	A	P	A	A	A	A	A	A	A	A
14:00 - 15:00	P	A	P	A	A	A	M	A	A	A	A	A	A	A	P	A	P	A	A	A	M	A	A	A	A	A	A	A	P	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	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	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	A
18:00 - 19:00	A	P	A	A	A	A	A	A	P	A	P	A	A	P	A	P	A	P	A	A	P	A	P	A	A	A	A	P	A	P	A
19:00 - 20:00	A	P	A	A	A	A	A	A	P	A	P	A	A	P	A	P	A	P	A	A	P	A	P	A	A	A	A	P	A	P	A
20:00 - 21:00	P	A	P	A	A	A	A	A	A	A	A	A	A	A	P	A	P	A	A	A	A	A	A	A	A	A	A	A	P	A	A
21:00 - 22:00	P	A	P	A	A	A	A	A	A	A	A	A	A	A	P	A	P	A	A	A	A	A	A	A	A	A	A	A	P	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	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 01.11.2026

最新更新日期 Date of latest update 01.11.2026