

香港仔體育館健身室開放時間 (2026年2月) Opening Hour of Fitness Room for Aberdeen Sports Centre in February 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: 22

日期 Date 時間 Time	1 週日 Sun	2 週一 Mon	3 週二 Tue	4 週三 Wed	5 週四 Thu	6 週五 Fri	7 週六 Sat	8 週日 Sun	9 週一 Mon	10 週二 Tue	11 週三 Wed	12 週四 Thu	13 週五 Fri	14 週六 Sat	15 週日 Sun	16 週一 Mon	17 週二 Tue	18 週三 Wed	19 週四 Thu	20 週五 Fri	21 週六 Wed	22 週日 Thu3	23 週一 Fri4	24 週二 Wed	25 週三 Thu	26 週四 Fri	27 週五 Sat	28 週六 Sat						
07:00 - 08:00	A	A	T	A	T	A	A	A	A	T	A	T	A	A	A	A	農曆新年假期暫停開放 Temporarily closed during the LNY Holidays							A	A	A	A	T	A	T	A	A		
08:00 - 09:00	A	A	T	A	T	A	A	A	A	T	A	T	A	A	A	A								A	A	A	A	A	A	T	A	T	A	A
09:00 - 10:00	A	M	T	A	T	A	A	A	A	T	A	T	A	A	A	M								A	A	A	A	A	T	A	T	A	A	
10:00 - 11:00	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	
11:00 - 12:00	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	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	
13:00 - 14:00	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	
14:00 - 15:00	A	M	A	T	A	A	A	T	A	A	A	A	T	A	A	M								A	A	A	T	A	A	T	A	T	A	
15:00 - 16:00	A	A	A	T	A	A	A	T	A	A	A	A	T	A	A	A								A	A	A	T	A	T	A	T	A	T	A
16:00 - 17:00	A	A	T	A	T	A	A	T	A	T	A	T	A	A	A	A								A	A	A	T	A	T	A	T	A	A	
17:00 - 18:00	A	A	T	A	T	A	A	A	A	T	A	T	A	A	A	A								A	A	A	T	A	T	A	T	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	
19:00 - 20:00	A	A	T	A	T	A	A	A	T	T	T	T	A	A	A	A								A	A	A	T	T	T	T	T	A	A	
20:00 - 21:00	A	A	A	A	A	A	A	A	T	A	T	A	A	A	A	A								A	A	A	T	A	T	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								
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								

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 31.01.2026

最新更新日期 Date of latest update 22.1.2026