

# 香港仔體育館健身室開放時間 (2026年4月) Opening Hour of Fitness Room for Aberdeen 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: 22

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 Wed	19 週日 Thu3	20 週一 Fri4	21 週二 Wed	22 週三 Thu	23 週四 Fri	24 週五 Sat	25 週六 Wed	26 週日 Thu	27 週一 Fri	28 週二 Tue2	29 週三 Thu	30 週四 Thu	
07:00 - 08:00	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	
08:00 - 09:00	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
09:00 - 10:00	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	M	A	A	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	M	A	A	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	M	A	A	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	M	A	A	A	A	A	A	A	A	A	A	A	A
13:00 - 14:00	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A
14:00 - 15:00	A	A	A	A	A	A	A	M	A	A	A	T	A	A	A	A	A	A	M	A	A	A	A	A	A	T	A	A	A	A	A
15:00 - 16:00	A	A	A	A	A	A	A	A	A	A	A	T	A	A	A	A	A	A	A	A	A	A	A	A	A	T	A	A	A	A	A
16:00 - 17:00	A	A	A	A	A	A	A	A	A	A	A	T	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	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	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	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	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 25.3.2026

最新更新日期 Date of latest update 25.3.2026