

## 香港仔體育館健身室開放時間 (2026年5月) Opening Hour of Fitness Room for Aberdeen Sports Centre in May 2026

備註 Notes:

|          |                        |
|----------|------------------------|
| <b>A</b> | 開放 Available           |
| <b>P</b> | 活動 Programme           |
| <b>T</b> | 訓練 Training            |
| <b>B</b> | 團體預訂 Block Booking     |
| <b>M</b> | 保養日 Maintenance        |
| <b>S</b> | 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<br>時間 Time | 1<br>週五<br>Fri | 2<br>週六<br>Sat | 3<br>週日<br>Sun | 4<br>週一<br>Mon | 5<br>週二<br>Tue | 6<br>週三<br>Wed | 7<br>週四<br>Thu | 8<br>週五<br>Fri | 9<br>週六<br>Sat | 10<br>週日<br>Sun | 11<br>週一<br>Mon | 12<br>週二<br>Tue | 13<br>週三<br>Wed | 14<br>週四<br>Thu | 15<br>週五<br>Fri | 16<br>週六<br>Sat | 17<br>週日<br>Sun | 18<br>週一<br>Mon | 19<br>週二<br>Tue | 20<br>週三<br>Wed | 21<br>週四<br>Thu | 22<br>週五<br>Fri | 23<br>週六<br>Sat | 24<br>週日<br>Sun | 25<br>週一<br>Mon | 26<br>週二<br>Tue | 27<br>週三<br>Wed | 28<br>週四<br>Thu | 29<br>週五<br>Fri | 30<br>週六<br>Sat | 31<br>週日<br>Sun |   |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---|
| 07:00 - 08:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A               |   |
| 08:00 - 09:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 09:00 - 10:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 10:00 - 11:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 11:00 - 12:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 12:00 - 13:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 13:00 - 14:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 14:00 - 15:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 15:00 - 16:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 16:00 - 17:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 17:00 - 18:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 18:00 - 19:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 19:00 - 20:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 20:00 - 21:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 21:00 - 22:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | A               | A               | A               | A               | A               | A               | A               | A |
| 22:00 - 23:00      | A              | M              | M              | M              | M              | M              | M              | M              | M              | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | M               | 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 22.4.2026

最新更新日期 Date of latest update 22.4.2026