

香港仔體育館健身室開放時間 (2026年9月) Opening Hour of Fitness Room for Aberdeen Sports Centre in September 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 Wed	20 週日 Thu3	21 週一 Fri4	22 週二 Wed	23 週三 Thu	24 週四 Fri	25 週五 Sat	26 週六 Wed	27 週日 Thu	28 週一 Fri	29 週二 Wed	30 週三 Thu
07:00 - 08:00	T	A	T	A	A	A	A	T	A	T	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
08:00 - 09:00	T	A	T	A	A	A	A	T	A	T	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
09:00 - 10:00	T	A	T	A	A	A	M	T	A	T	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A
10:00 - 11:00	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
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
12:00 - 13:00	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
13:00 - 14:00	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
14:00 - 15:00	A	T	A	T	A	A	M	A	A	A	A	A	A	A	A	T	A	T	A	A	M	A	T	A	A	A	A	A	A	T
15:00 - 16:00	A	T	A	T	A	A	A	A	A	A	A	A	A	A	A	T	A	T	A	A	A	A	T	A	A	A	A	A	A	T
16:00 - 17:00	T	A	T	A	A	A	A	T	A	T	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
17:00 - 18:00	T	A	T	A	A	A	A	T	A	T	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	T	T	T	A	A	A	T	T	T	T	A	A	A	T	A	T	A	A	A	A	A	A	A	A	A	A	A	A	A	A
20:00 - 21:00	T	T	T	A	A	A	T	T	T	T	A	A	A	T	A	T	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

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 21.8.2026
最新更新日期 Date of latest update 21.8.2026