

彩虹道體育館 Choi Hung Road Sports Centre

健身室時間表 Timetable for Fitness Room

年 月
2024 Year 4 Month

T/P	訓練/活動	Training / Programme
B	團體預訂	Block Booking
M	保養日	Maintenance
D	消毒	Disinfection
C	場地關閉	Closed

日期 Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
7 - 8 am																														
8 - 9 am																														
9 - 10 am		M													M															
10 - 11 am		M													M															
11 - 12 nn		M													M															
12 - 1 pm		M													M															
1 - 2 pm		M													M															
2 - 3 pm		M													M															
3 - 4 pm																														
4 - 5 pm																														
5 - 6 pm																														
6 - 7 pm																														
7 - 8 pm																														
8 - 9 pm																														
9 - 10 pm																														
10 - 11 pm																														

本健身室可供入場配額為時票名額5位，月票名額18位

The quota for hourly Ticket User: 5 people and Monthly Ticket User: 18 people

PH: Public Holiday 公眾假期 am/nn/pm: 上午／中午／下午

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.