

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 5 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	31
	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	Wed	Thu	Fri
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.