彩虹道體育館健身室開放時間 (2026年12月) Opening Hour of Fitness Room for Choi Hung Road Sports Centre in December 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: 5
月票名額 Quota for Monthly Ticket Users: 18

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
時間 Time	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	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	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	M	A	A	A	A	A	A	A	A	A	A	A	A	A	M	A	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	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	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	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	A
14:00 - 15:00	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	A
15:00 - 16:00	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
16:00 - 17:00	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
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 17.11.2026

最新更新日期 Date of latest update 17.11.2026