# 蒲 崗 村 道 體 育 館
# Po Kong Village Road Sports Centre

## 健身室時間表
## Timetable for Fitness Room

2024 年 Year　4 月 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 |

| 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 | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Time 時間 | (一) Mon | (二) Tue | (三) Wed | (四) Thu | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thu | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thu | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thu | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | |
| 7 - 8 am | | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | | | | | | | | | | | | | |
| 8 - 9 am | | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | | | | | | | | | | | | | |
| 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 | | | | | | T/P | | | | | | | | M | | | | | | | | | |
| 3 - 4 pm | | | | | | | | | | | | | | T/P | | | | | | | | | | | | | | | | | |
| 4 - 5 pm | | | | | | | | | | | | | | T/P | | | | | | | | | | | | | | | | | |
| 5 - 6 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 - 7 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 - 8 pm | | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | | | | | | | | | | | | | |
| 8 - 9 pm | | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | | | | | | | | | | | | | |
| 9 - 10 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 - 11 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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.**

**Quota for Hourly Ticket User 時票名額：5**

**Quota for Monthly Ticket User 月票名額：20**