

九龍公園體育館健身室開放時間 (2025年12月) Opening Hour of Fitness Room for Kowloon Park Sports Centre in December 2025

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: 14

月票名額 Quota for Monthly Ticket Users: 20

駐場教練: 逢星期一至五 (下午6時30分至8時30分)

Resident Coach: Every Monday to Friday (6:30-8:30pm)

日期 Date 時間 Time	1 週一 Mon	2 週二 Tue	3 週三 Wed	4 週四 Thu	5 週五 Fri	6 週六 Sat	7 週日 Sun	8 週一 Mon	9 週二 Tue	10 週三 Wed	11 週四 Thu	12 週五 Fri	13 週六 Sat	14 週日 Sun	15 週一 Mon	16 週二 Tue	17 週三 Wed	18 週四 Thu	19 週五 Fri	20 週六 Sat	21 週日 Sun	22 週一 Mon	23 週二 Tue	24 週三 Wed	25 週四 Thu	26 週五 Fri	27 週六 Sat	28 週日 Sun	29 週一 Mon	30 週二 Tue	31 週三 Wed
07:00 - 08:00	A	A	A	A	A	B	B	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	B	B	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	B	B	A	A	A	A	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	B	B	A	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	B	B	A	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	B	B	A	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	B	B	A	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	A	A	A	A	B	B	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A
15:00 - 16:00	A	A	A	A	A	B	B	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	B	B	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	B	B	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	B	B	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	B	B	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	B	B	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	B	B	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	B	B	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 15.11.2025

最新更新日期 Date of latest update 8.12.2025