

大角咀體育館健身室開放時間 (2026年6月) Opening Hour of Fitness Room for Tai Kok Tsui Sports Centre in June 2026

備註 Notes:

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|----------|------------------------|
| 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: 10
 月票名額 Quota for Monthly Ticket Users: 30

PH

| 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 |
|---------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 時間 Time | 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 | 週五 Fri | 週六 Sat | 週日 Sun | 週一 Mon | 週二 Tue |
| 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 |
| 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 |
| 09:00 - 10:00 | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | P | A | A | A | A | A | M | A | A | A | A | A | A | A | A |
| 10:00 - 11:00 | A | A | A | A | A | A | P | M | A | A | A | A | A | A | A | P | A | A | A | A | P | M | A | A | A | A | A | A | A | A |
| 11:00 - 12:00 | A | A | A | A | A | A | P | M | A | A | A | A | A | A | A | P | A | A | A | A | P | M | A | A | A | A | A | A | A | A |
| 12:00 - 13:00 | A | A | A | A | A | A | P | M | A | A | A | A | A | A | A | A | A | A | A | A | A | M | A | A | A | A | A | A | A | A |
| 13:00 - 14:00 | A | 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 |
| 14:00 - 15:00 | A | 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 |
| 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 |
| 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 |
| 17:00 - 18:00 | A | A | P | A | P | A | A | A | A | P | A | P | A | A | A | A | P | A | A | A | A | A | A | P | A | P | A | A | A | A |
| 18:00 - 19:00 | A | A | P | A | P | A | A | A | A | P | A | P | A | A | A | A | P | A | A | A | A | A | A | P | A | P | A | A | A | A |
| 19:00 - 20:00 | A | A | P | A | P | P | A | A | A | P | A | P | A | A | A | A | P | A | A | A | A | A | A | P | A | P | A | A | A | A |
| 20:00 - 21:00 | A | A | P | A | P | P | A | A | A | P | A | P | A | A | A | A | P | A | A | A | A | A | A | P | A | P | 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 |
| 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 |

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.

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