

保安道體育館健身室開放時間 (2026年9月) Opening Hour of Fitness Room for Po On Road Sports Centre in Sept 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: 8  
月票名額 Quota for Monthly Ticket Users: 32

| 日期 Date<br>時間 Time | 1<br>週二<br>Tue | 2<br>週三<br>Wed | 3<br>週四<br>Thu | 4<br>週五<br>Fri | 5<br>週六<br>Sat | 6<br>週日<br>Sun | 7<br>週一<br>Mon | 8<br>週二<br>Tue | 9<br>週三<br>Wed | 10<br>週四<br>Thu | 11<br>週五<br>Fri | 12<br>週六<br>Sat | 13<br>週日<br>Sun | 14<br>週一<br>Mon | 15<br>週二<br>Tue | 16<br>週三<br>Wed | 17<br>週四<br>Thu | 18<br>週五<br>Fri | 19<br>週六<br>Sat | 20<br>週日<br>Sun | 21<br>週一<br>Mon | 22<br>週二<br>Tue | 23<br>週三<br>Wed | 24<br>週四<br>Thu | 25<br>週五<br>Fri | 26<br>週六<br>Sat | 27<br>週日<br>Sun | 28<br>週一<br>Mon | 29<br>週二<br>Tue | 30<br>週三<br>Wed |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00 - 08:00      | A              | P              | A              | P              | A              | A              | A              | A              | P              | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 08:00 - 09:00      | A              | P              | A              | P              | A              | A              | A              | A              | P              | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 09:00 - 10:00      | A              | P              | A              | P              | A              | A              | M              | A              | P              | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | M               | A               | P               | 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               |
| 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               |
| 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               |
| 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               |
| 14:00 - 15:00      | A              | A              | A              | A              | A              | A              | M              | A              | A              | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               | M               | A               | A               | A               | A               | A               | P               | A               | A               | A               |
| 15:00 - 16:00      | A              | P              | A              | P              | A              | A              | A              | A              | P              | A               | P               | A               | P               | P               | A               | P               | A               | P               | A               | A               | A               | A               | P               | A               | A               | A               | P               | A               | A               | A               |
| 16:00 - 17:00      | A              | P              | A              | P              | A              | A              | A              | A              | P              | A               | P               | A               | P               | P               | A               | P               | A               | P               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 17:00 - 18:00      | A              | P              | A              | P              | A              | A              | A              | A              | P              | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 18:00 - 19:00      | A              | P              | A              | P              | A              | A              | A              | A              | P              | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 19:00 - 20:00      | A              | P              | A              | P              | A              | A              | A              | A              | P              | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 20:00 - 21:00      | A              | P              | A              | P              | A              | A              | A              | A              | P              | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | A               | A               | P               | 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               |
| 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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