寶林體育館健身室開放時間 (2026年10月) Opening Hour of Fitness Room for Po Lam Sports Centre in October 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: 7
月票名額 Quota for Monthly Ticket Users: 16

日期 Date 時間 Time	1 週四 Thu	2 週五 Fri	3 週六 Sat	4 週日 Sun	5 週一 Mon	6 週二 Tue	7 週三 Wed	8 週四 Thu	9 週五 Fri	10 週六 Sat	11 週日 Sun	12 週一 Mon	13 週二 Tue	14 週三 Wed	15 週四 Thu	16 週五 Fri	17 週六 Sat	18 週日 Sun	19 週一 Mon	20 週二 Tue	21 週三 Wed	22 週四 Thu	23 週五 Fri	24 週六 Sat	25 週日 Sun	26 週一 Mon	27 週二 Tue	28 週三 Wed	29 週四 Thu	30 週五 Fri	31 週六 Sat
07:00 - 08:00	A	A	A	A	M	P	A	P	A	A	A	A	P	A	P	A	A	A	A	M	A	P	A	A	A	A	A	A	A	A	A
08:00 - 09:00	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A
09:00 - 10:00	A	A	P	A	M	P	A	P	A	P	A	A	P	A	P	A	P	A	A	M	A	P	A	P	A	A	P	A	P	A	P
10:00 - 11:00	A	A	P	A	M	P	A	P	A	P	A	A	P	A	P	A	P	A	A	M	A	P	A	P	A	A	P	A	P	A	P
11:00 - 12:00	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A
12:00 - 13:00	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A
13:00 - 14:00	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
14:00 - 15:00	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
15:00 - 16:00	A	A	A	A	A	A	A	P	A	A	A	A	P	A	P	A	A	A	A	P	A	P	A	A	A	A	P	A	P	A	A
16:00 - 17:00	A	A	A	A	A	A	A	P	A	A	A	A	P	A	P	A	A	A	A	P	A	P	A	A	A	A	P	A	P	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	P	A	P	A	A	A	A	P	A	P	A	A	A	A	A	A	P	A	A	A	A	P	A	P	A	A	A
20:00 - 21:00	A	A	A	A	P	A	P	A	A	A	A	P	A	P	A	A	A	A	A	A	P	A	A	A	A	P	A	P	A	A	A
21:00 - 22:00	A	A	A	A	P	A	P	A	A	A	A	P	A	P	A	A	A	A	A	A	P	A	A	A	A	P	A	P	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 20.9.2026
最新更新日期 Date of latest update 20.9.2026