

翠林體育館健身室開放時間 (2026年5月) Opening Hour of Fitness Room for Tsui Lam Sports Centre in May 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: 17

| 日期 Date 時間 Time | 1 週五 Fri | 2 週六 Sat | 3 週日 Sun | 4 週一 Mon | 5 週二 Tue | 6 週三 Wed | 7 週四 Thu | 8 週五 Fri | 9 週六 Sat | 10 週日 Sun | 11 週一 Mon | 12 週二 Tue | 13 週三 Wed | 14 週四 Thu | 15 週五 Fri | 16 週六 Sat | 17 週日 Sun | 18 週一 Mon | 19 週二 Tue | 20 週三 Wed | 21 週四 Thu | 22 週五 Fri | 23 週六 Sat | 24 週日 Sun | 25 週一 Mon | 26 週二 Tue | 27 週三 Wed | 28 週四 Thu | 29 週五 Fri | 30 週六 Sat | 31 週日 Sun |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 07:00 - 08:00 | A | A | A | A | A | A | 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 |
| 08:00 - 09:00 | A | A | A | A | A | A | 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 |
| 09:00 - 10:00 | A | A | A | A | A | P | A | P | A | A | M | A | P | A | P | A | A | A | A | P | A | A | A | A | M | A | A | A | A | A | A |
| 10:00 - 11:00 | A | A | A | A | A | P | A | P | A | A | M | A | P | A | P | A | A | A | A | P | A | A | A | A | M | A | A | A | A | A | A |
| 11:00 - 12:00 | A | A | A | 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 |
| 12:00 - 13:00 | A | A | A | 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 |
| 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 | P | A | P | A | P | A | A | P | 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 | P | A | P | A | P | A | A | P | 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 | 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 | P | A | A | A | A | A | A | A | A | A | 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 | P | A | A | A | A | A | 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 | 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 20.04.2026

最新更新日期 Date of latest update 20.04.2026