

源禾路體育館健身室開放時間 ( 2025年12月) Opening Hour of Fitness Room for Yuen Wo Road 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: 5  
月票名額 Quota for Monthly Ticket Users: 20

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

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