

馬鞍山體育館健身室開放時間 (2026年8月) Opening Hour of Fitness Room for Ma On Shan Sports Centre in August 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: 08
月票名額 Quota for Monthly Ticket Users: 12

日期 Date 時間 Time	1 週六 Sat	2 週日 Sun	3 週一 Mon	4 週二 Tue	5 週三 Wed	6 週四 Thu	7 週五 Fri	8 週六 Sat	9 週日 Sun	10 週一 Mon	11 週二 Tue	12 週三 Wed	13 週四 Thu	14 週五 Fri	15 週六 Sat	16 週日 Sun	17 週一 Mon	18 週二 Tue	19 週三 Wed	20 週四 Thu	21 週五 Fri	22 週六 Sat	23 週日 Sun	24 週一 Mon	25 週二 Tue	26 週三 Wed	27 週四 Thu	28 週五 Fri	29 週六 Sat	30 週日 Sun	31 週一 Mon
07:00 - 08:00	A	P	M	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
08:00 - 09:00	A	P	M	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
09:00 - 10:00	A	P	M	P	A	P	A	A	A	A	P	A	P	A	A	M	P	A	P	A	A	A	A	P	A	P	A	A	A	A	A
10:00 - 11:00	A	P	M	P	A	P	A	A	A	A	P	A	P	A	A	M	P	A	P	A	A	A	A	P	A	P	A	A	A	A	A
11:00 - 12:00	A	P	M	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
12:00 - 13:00	A	P	M	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
13:00 - 14:00	A	P	A	A	P	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	A
14:00 - 15:00	A	P	A	A	A	A	A	P	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	P	A	A	A	A	A	P	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	P	A	A	A	A	A	P	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	P	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	P	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	P	A	P	A	P	A	A	A	A	P	A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
20:00 - 21:00	A	P	A	P	A	P	A	A	A	A	P	A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
21:00 - 22:00	A	P	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	P	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 16.07.2026

最新更新日期 Date of latest update 16.07.2026