

長洲體育館健身室開放時間 (2026年6月) Opening Hour of Fitness Room for Cheung Chau Sports Centre in June 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: 6

月票名額 Quota for Monthly Ticket Users: 15

日期 Date 時間 Time	PH																															
	1 週一 Fri	2 週二 Sat	3 週三 Sun	4 週四 Mon	5 週五 Tue	6 週六 Wed	7 週日 Thu	8 週一 Fri	9 週二 Sat	10 週三 Sun	11 週四 Mon	12 週五 Tue	13 週六 Wed	14 週日 Thu	15 週一 Fri	16 週二 Sat	17 週三 Sun	18 週四 Mon	19 週五 Tue	20 週六 Wed	21 週日 Thu	22 週一 Fri	23 週二 Sat	24 週三 Sun	25 週四 Mon	26 週五 Tue	27 週六 Wed	28 週日 Thu	29 週一 Fri	30 週二 Sat		
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	A
09:00 - 10:00	M	A	A	A	A	A	P	A	P	A	A	A	A	A	M	P	A	P	A	A	A	A	A	A	A	P	A	A	A	A	P	
10:00 - 11:00	M	A	A	A	A	A	P	A	P	A	A	A	A	A	M	P	A	P	A	A	A	A	A	A	A	P	A	A	A	A	P	
11:00 - 12:00	M	A	A	A	A	A	P	A	P	A	A	A	A	A	M	P	A	P	A	A	A	A	A	A	P	A	A	A	A	A	P	
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	P	A	P	A	P	A	A	P	A	P	A	P	A	A	P	A	P	A	A	A	A	P	A	P	A	P	A	P	A	A	A	
20:00 - 21:00	P	A	P	A	P	A	A	P	A	P	A	P	A	A	P	A	P	A	A	A	A	P	A	P	A	P	A	P	A	A	A	
21:00 - 22:00	P	A	P	A	P	A	A	P	A	P	A	P	A	A	P	A	P	A	A	A	A	P	A	P	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 11/6/2026

最新更新日期 Date of latest update 11/6/2026