

長發體育館
Cheung Fat Sports Centre

健身室時間表
Timetable for Fitness Room

年 月

2024 Year 5 Month

| | | |
|------------|--------|----------------------|
| T/P | 訓練/活動 | Training / Programme |
| B | 團體預訂 | Block Booking |
| SB | 暫停開放時段 | Session Break |
| M | 保養日 | Maintenance |

| 日期 Date | PH | | | | | | | | | | | | | | PH | | | | | | | | | | | | | | | | |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Time 時間 | (三) | (四) | (五) | (六) | (日) | (一) | (二) | (三) | (四) | (五) | (六) | (日) | (一) | (二) | (三) | (四) | (五) | (六) | (日) | (一) | (二) | (三) | (四) | (五) | (六) | (日) | (一) | (二) | (三) | (四) | (五) |
| | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Mon | Tue | Wed | Thu | Fri |
| 7 - 8 am | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | | | | |
| 8 - 9 am | | | T/P | | | M | | T/P | | T/P | | | | | | T/P | | | | M | | T/P | | T/P | | | | | T/P | | T/P |
| 9 - 10 am | | | T/P | | | M | | T/P | | T/P | | | | | | T/P | | | | M | | T/P | | T/P | | | | | T/P | | T/P |
| 10 - 11 am | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | | | | |
| 11 - 12 nn | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | | | | |
| 12 - 1 pm | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | | | | |
| 1 - 2 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 - 3 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 - 4 pm | | T/P | | | | T/P | | | T/P | | | | T/P | | | T/P | | | | | | | | | | | | | | | |
| 4 - 5 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 - 6 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 - 7 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 - 8 pm | | | | | | | | T/P | | T/P | | | | T/P | | T/P | | | | | T/P | | T/P | | | | | T/P | | T/P | |
| 8 - 9 pm | | | | | | | | T/P | | T/P | | | | T/P | | T/P | | | | | T/P | | T/P | | | | | T/P | | T/P | |
| 9 - 10 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 - 11 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

PH: Public Holiday 公眾假期

am/nn/pm: 上午/中午/下午

時票: 5人 月票: 18人

時間表只供參考, 請向場地職員查詢最新預訂情況。

Hourly: 5 persons, Monthly: 18 persons

The timetable is for reference only. Please contact venue staff for the latest booking status.