

林士德體育館健身室開放時間 (2026年8月) Opening Hour of Fitness Room for Osman Ramju Sadick Memorial 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: 4

月票名額 Quota for Monthly Ticket Users: 17

日期 Date	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
時間 Time	週六	週日	週一	週二	週三	週四	週五	週六	週日	週一	週二	週三	週四	週五	週六	週日	週一	週二	週三	週四	週五	週六	週日	週一	週二	週三	週四	週五	週六	週日	週一
	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	Sat	Sun	Mon
07:00 - 08:00	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	A
08:00 - 09:00	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	A
09:00 - 10:00	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	A
10:00 - 11:00	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	A
11:00 - 12:00	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	A
12:00 - 13:00	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	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.

發出日期 Date of issue 21.07.2026

最新更新日期 Date of latest update 21.07.2026