

朗屏體育館 Long Ping 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
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) Wed | (四) Thu | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thu | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thu | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thu | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thu | (五) Fri |
| 7 - 8 am | | | T/P | | | | | T/P | | T/P | | | M | | | | T/P | | | | | T/P | | T/P | | | M | | T/P | | T/P |
| 8 - 9 am | | | T/P | | | | | T/P | | T/P | | | M | | | | T/P | | | | | T/P | | T/P | | | M | | T/P | | T/P |
| 9 - 10 am | | | | | | | | | | | | | M | | | | | | | | | | | | | | M | | | | |
| 10 - 11 am | | | | | | | | | | | | | M | | | | | T/P | | | | | | | | | M | | | | |
| 11 - 12 nn | | | | | | | | | | | | | M | | | | | T/P | | | | | | | | | 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 | | | | T/P | | | | T/P | | T/P | | | | | | | | |
| 4 - 5 pm | | | | | | | | | | | | | T/P | | | | | | | | | | | | | | | | | | |
| 5 - 6 pm | | | | | | | | | | | | | T/P | | | | | | | | | | | | | | | | | | |
| 6 - 7 pm | | | T/P | | | T/P | | T/P | | T/P | | | T/P | | | | T/P | | | | T/P | | T/P | | | | T/P | | | | T/P |
| 7 - 8 pm | | | T/P | | | T/P | | 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 | | T/P | |
| 9 - 10 pm | | T/P | | | | | T/P | | T/P | | | | T/P | | | T/P | | | | | T/P | | T/P | | | | | T/P | | T/P | |
| 10 - 11 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

PH: Public Holiday 公眾假期 am/nn/pm: 上午/中午/下午

*本健身室可供入場配額: 時票: 8/ 月票: 11

*The quota of this fitness room: Hourly Ticket: 8/ Monthly Ticket: 11

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.