

# 荃灣體育館 Tsuen Wan Sports Centre

## 健身室時間表 Timetable for Fitness Room

年 月  
2024 Year 4 Month

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

時票名額 Hourly Ticket Quota: 15 月票名額 Monthly Ticket Quota: 25

| 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  |
| Time 時間    | 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   | 六   | 日   | 一   | 二   |
|            | 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 | Tue |
| 7 - 8 am   |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 8 - 9 am   |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 9 - 10 am  |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 10 - 11 am |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 11 - 12 nn |     |     |     |     | M   | T/P |     |     |     |     |     |     | T/P |     |     |     | M   |     | T/P |     | T/P |     |     |     |     |     |     | T/P |     |     |
| 12 - 1 pm  |     |     | T/P |     | M   | T/P |     | T/P |     | T/P |     |     | T/P | T/P |     | T/P | M   |     | T/P |     | T/P |     | T/P |     |     |     |     | T/P |     |     |
| 1 - 2 pm   |     |     | T/P |     |     |     |     | T/P |     | T/P |     |     |     | T/P |     |     |     |     |     |     | T/P |     | T/P |     |     |     |     |     | T/P |     |
| 2 - 3 pm   |     |     | T/P |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 3 - 4 pm   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 4 - 5 pm   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 5 - 6 pm   |     |     |     |     |     |     |     |     | T/P |     |     |     |     |     |     | T/P |     |     |     |     |     |     |     | T/P |     |     |     |     | T/P |     |
| 6 - 7 pm   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 7 - 8 pm   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 8 - 9 pm   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 9 - 10 pm  |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 10 - 11 pm |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |

PH: Public Holiday 公眾假期

am/nn/pm: 上午/中午/下午

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.