# 荃灣體育館健身室開放時間 ( 2026年2月) Opening Hour of Fitness Room for Tsuen Wan Sports Centre in February 2026

備註 Notes:

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|---|---|
| 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 |

農曆新年假期暫停開放 Temporarily Closed during LNY Holidays

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

| 日期 Date<br>時間 Time | 1<br>週日<br>Sun | 2<br>週一<br>Mon | 3<br>週二<br>Tue | 4<br>週三<br>Wed | 5<br>週四<br>Thu | 6<br>週五<br>Fri | 7<br>週六<br>Sat | 8<br>週日<br>Sun | 9<br>週一<br>Mon | 10<br>週二<br>Tue | 11<br>週三<br>Wed | 12<br>週四<br>Thu | 13<br>週五<br>Fri | 14<br>週六<br>Sat | 15<br>週日<br>Sun | 16<br>週一<br>Mon | 17<br>週二<br>Tue<br>PH | 18<br>週三<br>Wed<br>PH | 19<br>週四<br>Thu<br>PH | 20<br>週五<br>Fri | 21<br>週六<br>Sat | 22<br>週日<br>Sun | 23<br>週一<br>Mon | 24<br>週二<br>Tue | 25<br>週三<br>Wed | 26<br>週四<br>Thu | 27<br>週五<br>Fri | 28<br>週六<br>Sat |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 07:00 - 08:00 | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | Temporarily Closed during LNY Holidays 農曆新年假期暫停開放 | | | M | A | A | A | A | A | A | A | A |
| 08:00 - 09:00 | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | | | | M | A | A | A | A | A | A | A | A |
| 09:00 - 10:00 | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | | | | M | A | A | A | A | A | A | A | A |
| 10:00 - 11:00 | A | A | A | A | M | A | A | A | A | A | A | A | A | A | A | A | | | | M | A | A | A | A | A | A | A | A |
| 11:00 - 12:00 | A | A | A | A | M | A | P | A | A | A | A | A | A | A | A | A | | | | M | A | P | A | A | A | A | A | P |
| 12:00 - 13:00 | A | A | A | A | M | A | P | A | P | A | P | A | A | A | A | A | | | | M | A | P | P | A | P | A | A | P |
| 13:00 - 14:00 | A | A | A | A | A | A | A | A | P | A | P | A | A | A | A | A | | | | A | A | A | P | A | P | A | A | A |
| 14:00 - 15:00 | A | A | A | A | A | A | A | A | P | A | P | A | A | A | A | A | | | | A | A | A | P | A | P | 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |

**PH: Public Holiday 公眾假期**

**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 20.1.2026

最新更新日期 Date of latest update 20.1.2026