

兆麟體育館健身室開放時間 (2026年2月) Opening Hour of Fitness Room for Siu Lun Sports Centre in Feb 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: 09

月票名額 Quota for Monthly Ticket Users: 21

日期 Date 時間 Time	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				
	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				
	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				
07:00 - 08:00	A	A	T	M	T	A	A	A	A	T	A	T	A	A	A	A	M	M	A	M	A	A	A	A	A	A	A	A				
08:00 - 09:00	A	A	T	M	T	A	A	A	A	T	A	T	A	A	A	A	M	M	A	M	A	A	A	A	A	A	A	A	A			
09:00 - 10:00	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A	M	A	A	A	A	A	A	A	A	A			
10:00 - 11:00	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A	M	A	A	A	A	A	A	A	A	A			
11:00 - 12:00	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A	M	A	A	A	A	A	A	A	A	A			
12:00 - 13:00	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A	M	A	A	A	A	A	A	A	A	A			
13:00 - 14:00	T	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A	A	A	A	A	A	A	A	A	A	A			
14:00 - 15:00	T	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A	A	A	A	A	A	A	A	A	A	A			
15:00 - 16:00	T	T	A	T	A	T	A	A	T	A	T	A	T	A	A	A	M	M	A	T	A	A	T	A	T	A	T	A	A			
16:00 - 17:00	A	T	A	T	A	T	A	A	T	A	T	A	T	A	A	A	M	M	A	T	A	A	T	A	T	A	T	A	A			
17:00 - 18:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	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	M	M	A	A	A	A	A	A	A	A	T	A	A			
19:00 - 20:00	A	A	A	T	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A	A	A	A	A	A	A	A	T	A	A			
20:00 - 21:00	A	A	A	T	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A	A	A	A	A	A	A	A	T	A	A			
21:00 - 22:00	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	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	M	M	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 20/01/2026

最新更新日期 Date of latest update 20/01/2026