

兆麟體育館健身室開放時間 (2026年7月) Opening Hour of Fitness Room for Siu Lun Sports Centre in July 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	29	30	31
	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	週二	週三	週四	週五
	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	Wed	Thu	Fri
07:00 - 08:00	A	M	A	A	A	A	T	A	T	A	A	A	A	T	M	T	A	A	A	A	T	A	T	A	A	A	A	T	A	T	A
08:00 - 09:00	A	M	A	A	A	A	T	A	T	A	A	A	A	T	M	T	A	A	A	A	T	A	T	A	A	A	A	T	A	T	A
09:00 - 10:00	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
10:00 - 11:00	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
11:00 - 12:00	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
12:00 - 13:00	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	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	T	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	T	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	T	A	A	T	A	T	A	T
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	T	A	A	T	A	T	A	T
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	T	A	A	T	A	T	A	T	A	A	T	A	T	T	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
20:00 - 21:00	A	A	T	A	A	T	A	T	A	T	A	A	T	A	T	T	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	T	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 20/06/2026
最新更新日期 Date of latest update 20/06/2026