

渣華道體育館健身室開放時間 ( 2026年1月) Opening Hour of Fitness Room for Java Road Sports Centre in January 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: 7  
月票名額 Quota for Monthly Ticket Users: 15

| 日期 Date<br>時間 Time | 1<br>週四<br>Thu | 2<br>週五<br>Fri | 3<br>週六<br>Sat | 4<br>週日<br>Sun | 5<br>週一<br>Mon | 6<br>週二<br>Tue | 7<br>週三<br>Wed | 8<br>週四<br>Thu | 9<br>週五<br>Fri | 10<br>週六<br>Sat | 11<br>週日<br>Sun | 12<br>週一<br>Mon | 13<br>週二<br>Tue | 14<br>週三<br>Wed | 15<br>週四<br>Thu | 16<br>週五<br>Fri | 17<br>週六<br>Sat | 18<br>週日<br>Sun | 19<br>週一<br>Mon | 20<br>週二<br>Tue | 21<br>週三<br>Wed | 22<br>週四<br>Thu | 23<br>週五<br>Fri | 24<br>週六<br>Sat | 25<br>週日<br>Sun | 26<br>週一<br>Mon | 27<br>週二<br>Tue | 28<br>週三<br>Wed | 29<br>週四<br>Thu | 30<br>週五<br>Fri | 31<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               | A               | A               | M               | A               | A               | A               | A               | 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               | A               | A               | M               | A               | A               | A               | A               | 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               | A               | A               | M               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               | A               |
| 10:00 - 11:00      | A              | A              | A              | A              | M              | A              | A              | A              | A              | P               | A               | A               | A               | A               | A               | A               | A               | A               | M               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 11:00 - 12:00      | A              | A              | A              | A              | M              | P              | A              | P              | A              | P               | A               | A               | P               | A               | P               | A               | A               | A               | M               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 12:00 - 13:00      | A              | A              | A              | A              | M              | P              | A              | P              | A              | P               | A               | A               | P               | A               | P               | A               | A               | A               | M               | A               | A               | A               | A               | P               | A               | A               | A               | A               | A               | A               | A               |
| 13:00 - 14:00      | A              | A              | A              | A              | A              | A              | A              | A              | A              | P               | 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              | A              | A              | P              | 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              | P              | A              | P              | P              | A              | P              | A              | P              | A               | A               | A               | A               | A               | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               |
| 16:00 - 17:00      | A              | P              | A              | P              | P              | A              | P              | A              | P              | A               | A               | A               | A               | A               | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               |
| 17:00 - 18:00      | A              | P              | A              | P              | P              | A              | P              | A              | P              | A               | A               | A               | A               | A               | A               | P               | A               | A               | P               | A               | P               | A               | P               | A               | A               | P               | A               | P               | A               | P               | 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              | 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               |
| 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               | 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               | 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 19/12/2025

最新更新日期 Date of latest update 19/12/2025