

# 馬仔坑體育館健身室開放時間 (2026年4月)

## Opening Hour of Fitness Room for Ma Chai Hang Sports Centre in April 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 : 8

月票名額 Quota for Monthly Ticket Users : 32

| 日期 Date<br>時間 Time | PH        |           | PH        |           | 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        |
|                    | 週三<br>Wed | 週四<br>Thu | 週五<br>Fri | 週六<br>Sat | 週日<br>Sun | 週一<br>Mon | 週二<br>Tue | 週三<br>Wed | 週四<br>Thu | 週五<br>Fri | 週六<br>Sat | 週日<br>Sun | 週一<br>Mon | 週二<br>Tue | 週三<br>Wed | 週四<br>Thu | 週五<br>Fri | 週六<br>Sat | 週日<br>Sun | 週一<br>Mon | 週二<br>Tue | 週三<br>Wed | 週四<br>Thu | 週五<br>Fri | 週六<br>Sat | 週日<br>Sun | 週一<br>Mon | 週二<br>Tue | 週三<br>Wed | 週四<br>Thu |
| 07:00 - 08:00      | 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         |
| 08:00 - 09:00      | 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         |
| 09:00 - 10:00      | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         |
| 10:00 - 11:00      | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         |
| 11:00 - 12:00      | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         |
| 12:00 - 13:00      | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         |
| 13:00 - 14:00      | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         |
| 14:00 - 15:00      | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | A         | A         | M         | A         | A         | A         | A         | A         | A         | A         | A         | 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         | 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         | 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         | 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         |
| 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         |
| 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         |
| 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         |
| 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         |

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 20.3.2026

最新更新日期 Date of latest update 20.3.2026