

銅鑼灣運動場緩步跑開放時間(2025年1月) Opening Hour for Jogging of Causeway Bay Sports Ground in January 2025

備註 Notes:

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緩步跑開放時間 Opening Hours for Jogging

草地保養，緩跑徑正常開放。Turf Maintenance. Jogging track is still open to the public.

草地球場已被團體預訂，緩跑徑正常開放。Grass Pitch is block booking. Jogging track is still open to the public. (F: 足球 Football)

草地球場已被團體預訂，緩跑徑正常開放。Grass Pitch is block booking. Jogging track is still open to the public. (R: 欖球 Rugby)

運動場已被團體預訂，緩跑徑正常開放。Sports Ground is block booking. Jogging track is still open to the public.

100米5線跑道已被團體預訂，緩跑徑正常開放。Athletic Track is block booking. Jogging track is still open to the public.

場地關閉 Venue closed

日期 Date	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
時間 Time	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed	週四 Thu	週五 Fri
06:30 - 07:00	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	M	M	A
07:00 - 07:30	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	M	M	A
07:30 - 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	M	M	A
08:00 - 08:30	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	M	M	A
08:30 - 09:00	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	M	M	A
09:00 - 09:30	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	M	M	A
09:30 - 10:00	A	T	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
10:00 - 10:30	A	T	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
10:30 - 11:00	A	T	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
11:00 - 11:30	A	T	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
11:30 - 12:00	A	T	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
12:00 - 12:30	A	T	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
12:30 - 13:00	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	M	M	A
13:00 - 13:30	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	M	M	A
13:30 - 14:00	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
14:00 - 14:30	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
14:30 - 15:00	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
15:00 - 15:30	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
15:30 - 16:00	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
16:00 - 16:30	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
16:30 - 17:00	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
17:00 - 17:30	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
17:30 - 18:00	A	A	A	A	R	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	M	M	A
18:00 - 18:30	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	M	M	A
18:30 - 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	M	M	A
19:00 - 19:30	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	M	M	A
19:30 - 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	M	M	A
20:00 - 20:30	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	M	M	A
20:30 - 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	M	M	A
21:00 - 21:30	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	M	M	A
21:30 - 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	M	M	A
22:00 - 22:30	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	M	M	A

場地的預訂情況會隨時更改，請向場地查詢最新安排。The booking condition is subject to change from time to time. For updated arrangement, please contact the venue direct.

發出日期 Date of issue 22.12.2024

最新更新日期 Date of latest update 07.01.2025