

銅鑼灣運動場緩步跑開放時間(2025年12月) Opening Hour for Jogging of Causeway Bay Sports Ground in Dec 2025

備註 Notes:

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緩步跑開放時間 Opening Hours for Jogging.

草地保養。Turf Maintenance.

草地球場已被團體預訂。Grass Pitch is block booking. (F: 足球 Football) (R: 欖球 Rugby)

100米5線跑道已被團體預訂。Athletic Track is block booking.

運動場已被團體預訂。Sports Ground is block booking.

緩跑徑關閉 Jogging track is 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	週六 Sat	週日 Sun	週一 Mon	週二 Tue	週三 Wed
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	A	A	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	A	A	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	A	A	A
08:00 - 08:30	T	A	A	T	S	A	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A
08:30 - 09:00	T	A	A	T	S	A	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A
09:00 - 09:30	T	A	S	T	S	A	A	T	A	A	T	S	A	A	T	A	A	T	A	A	A	T	A	A	T	A	A	A	T	A	A
09:30 - 10:00	T	A	S	T	S	A	R	T	A	A	T	S	A	R	T	A	A	T	A	A	R	T	A	A	T	A	A	R	T	A	A
10:00 - 10:30	T	A	S	T	S	L	R	T	A	A	T	A	L	R	T	A	A	T	A	L	R	T	A	A	T	A	L	R	T	A	A
10:30 - 11:00	T	A	S	T	S	L	R	T	A	A	T	A	L	R	T	A	A	T	A	L	R	T	A	A	T	A	L	R	T	A	A
11:00 - 11:30	T	A	S	T	S	L	R	T	A	A	T	A	L	R	T	A	A	T	A	L	R	T	A	A	T	A	L	R	T	A	A
11:30 - 12:00	T	A	S	T	S	L	R	T	A	A	T	A	L	R	T	A	A	T	A	L	R	T	A	A	T	A	L	R	T	A	A
12:00 - 12:30	T	A	A	T	A	A	R	T	A	A	T	A	A	R	T	A	A	T	A	A	R	T	A	A	T	A	A	R	T	A	A
12:30 - 13:00	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A
13:00 - 13:30	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A
13:30 - 14:00	A	A	A	T	A	F	R	A	A	A	T	A	F	R	A	A	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A
14:00 - 14:30	A	A	A	T	S	F	R	A	A	A	T	A	F	R	S	A	A	T	S	A	A	A	A	A	T	A	A	A	A	A	A
14:30 - 15:00	A	A	A	T	S	F	R	A	A	A	T	A	F	R	S	A	A	T	S	A	A	A	A	A	T	A	A	A	A	A	A
15:00 - 15:30	A	F	A	T	S	F	R	A	F	A	T	S	F	R	S	F	A	T	S	A	A	A	A	A	T	A	A	A	A	A	A
15:30 - 16:00	A	F	A	T	S	F	R	A	F	A	T	S	F	R	S	F	A	T	S	A	A	A	A	A	T	A	A	A	A	A	A
16:00 - 16:30	A	F	A	T	A	F	R	A	F	A	T	S	F	R	A	F	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A
16:30 - 17:00	A	F	A	T	A	F	R	A	F	A	T	S	F	R	A	F	A	T	A	A	A	A	A	A	T	A	A	A	A	A	A
17:00 - 17:30	L	F	L	T	L	F	L	R	L	F	L	T	L	F	L	R	L	F	L	T	L	L	A	L	T	A	L	A	L	A	L
17:30 - 18:00	L	F	L	A	L	F	L	R	L	F	L	A	L	F	L	R	L	F	L	A	L	L	A	L	A	A	L	A	L	A	L
18:00 - 18:30	L	A	L	A	L	L	A	L	A	L	A	L	F	L	A	L	F	L	A	L	F	L	A	L	F	L	A	F	L	A	L
18:30 - 19:00	L	A	L	A	L	L	A	L	A	L	A	L	F	L	A	L	F	L	A	L	F	L	A	L	F	L	A	F	L	A	L
19:00 - 19:30	A	A	A	A	A	A	A	A	A	A	A	F	A	A	F	A	A	A	A	F	A	A	F	A	A	A	F	A	A	F	A
19:30 - 20:00	A	A	R	A	A	A	A	A	A	R	A	A	F	A	A	F	R	A	A	F	A	A	F	A	A	A	F	A	A	F	A
20:00 - 20:30	A	A	R	A	A	A	A	A	A	R	A	A	F	A	A	F	R	A	A	F	A	A	F	A	A	A	F	A	A	F	A
20:30 - 21:00	A	A	R	A	A	A	A	A	A	R	A	A	F	A	A	F	R	A	A	F	A	A	F	A	A	A	F	A	A	F	A
21:00 - 21:30	A	A	A	A	A	A	A	A	A	A	A	F	A	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	F	A
21:30 - 22:00	A	A	A	A	A	A	A	A	A	A	A	F	A	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	F	A
22:00 - 22:30	A	A	A	A	A	A	A	A	A	A	A	F	A	A	A	F	A	A	A	F	A	A	F	A	A	A	F	A	A	F	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 23.11.2025

最新更新日期 Date of latest update 10.12.2025

- * 01, 08, 15, 22, 29 Dec 2025 (1700-1900) 喜動體育會
- * 03, 05, 10, 12, 17, 19 Dec 2025 (1700-1900) 香港長跑會
- * 06, 13, 20, 27 Dec 2025 (1000-1200) PNH Patients Support Ltd
- * 06, 13, 20, 27 Dec 2025 (1700-1900) Valory Charity Association

- * 03 Dec 2025 (0900-1200) 聖保祿學校 (小學部)
- * 12 Dec 2025 (1500-1700) 聖保祿學校 (小學部)
- * 15 Dec 2025 (1400-1600) 聖保祿學校 (小學部)
- * 24, 31 Dec 2025 (1700-1900) 泰基長跑會

- * 05 Dec 2025 (0800-1200) Glenealy School
- * 05, 19 Dec 2025 (1400-1600) St. Paul Covent (Secondary)
- * 12 Dec 2025 (0900-1000) French International School