

美林體育館健身室開放時間 (2024年7月) Opening Hour of Fitness Room for Mei Lam Sports Centre in July 2024

備註 Notes:

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| 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: 12

月票名額 Quota for Monthly Ticket Users: 13

| 日期 Date 時間 Time | 1 週一 Mon | 2 週二 Tue | 3 週三 Wed | 4 週四 Thu | 5 週五 Fri | 6 週六 Sat | 7 週日 Sun | 8 週一 Mon | 9 週二 Tue | 10 週三 Wed | 11 週四 Thu | 12 週五 Fri | 13 週六 Sat | 14 週日 Sun | 15 週一 Mon | 16 週二 Tue | 17 週三 Wed | 18 週四 Thu | 19 週五 Fri | 20 週六 Sat | 21 週日 Sun | 22 週一 Mon | 23 週二 Tue | 24 週三 Wed | 25 週四 Thu | 26 週五 Fri | 27 週六 Sat | 28 週日 Sun | 29 週一 Mon | 30 週二 Tue | 31 週三 Wed | | |
|--------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|---|---|
| 07:00 - 08:00 | A | M | A | T | A | A | A | A | T | A | T | A | A | A | M | T | A | T | A | A | A | A | A | A | A | A | A | A | A | A | A | | |
| 08:00 - 09:00 | A | M | T | T | T | A | A | A | T | T | T | T | A | A | M | T | T | T | T | A | A | A | A | A | A | A | A | A | A | A | A | A | |
| 09:00 - 10:00 | A | M | T | A | T | A | A | A | A | T | A | T | A | T | M | A | T | A | T | 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 | T | M | A | 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 | T | M | A | 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 | 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 | A | |
| 14:00 - 15:00 | 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 | A | |
| 15:00 - 16:00 | A | T | A | T | A | A | A | A | T | A | T | A | A | A | A | T | A | A | A | T | 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 | T | 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 | 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 | A | |
| 19:00 - 20:00 | A | A | T | A | T | A | A | A | A | A | A | A | A | A | A | A | T | A | T | A | A | A | A | T | A | T | A | A | A | A | A | T | |
| 20:00 - 21:00 | A | A | T | A | T | A | A | A | A | A | A | A | A | A | A | A | T | A | T | A | A | A | A | T | A | T | A | A | A | A | A | T | |
| 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 | 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 | 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.

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