

楓樹窩體育館健身室開放時間 (2024年12月) Opening Hour of Fitness Room for Fung Shue Wo Sports Centre in December 2024

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: 15

日期 Date 時間 Time	1 週日 Sun	2 週一 Mon	3 週二 Tue	4 週三 Wed	5 週四 Thu	6 週五 Fri	7 週六 Sat	8 週日 Sun	9 週一 Mon	10 週二 Tue	11 週三 Wed	12 週四 Thu	13 週五 Fri	14 週六 Sat	15 週日 Sun	16 週一 Mon	17 週二 Tue	18 週三 Wed	19 週四 Thu6	20 週五 Fri7	21 週六 Sat8	22 週日 Sun	23 週一 Mon	24 週二 Tue	25 週三 Wed	26 週四 Thu2	27 週五 Fri3	28 週六 Sat4	29 週日 Sun2	30 週一 Mon2	31 週二 Tue3
07:00 - 08:00	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A
08:00 - 09:00	A	A	A	T	A	T	A	A	M	A	T	A	T	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A
09:00 - 10:00	A	A	A	T	A	T	A	A	M	A	T	A	T	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A
10:00 - 11:00	A	A	A	A	A	A	A	T	M	A	A	A	A	A	T	A	A	A	A	A	A	T	M	A	A	A	A	A	T	A	A
11:00 - 12:00	A	A	A	A	A	A	A	T	M	A	A	A	A	A	T	A	A	A	A	A	A	T	M	A	A	A	A	A	T	A	A
12:00 - 13:00	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	M	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
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
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	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	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
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	T	T	T	T	A	A	A	T	T	T	T	A	A	A	T	T	T	T	A	A	A	A	A	A	T	A	A	A	A
20:00 - 21:00	A	A	T	T	T	T	A	A	A	T	T	T	T	A	A	A	T	T	T	T	A	A	A	A	A	A	T	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 9.11.2024

最新更新日期 Date of latest update 9.11.2024