

天水圍體育館健身室開放時間 (2025年2月) Opening Hour of Fitness Room for Tin Shui Wai Sports Centre in Feb 2025

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: 4

月票名額 Quota for Monthly Ticket Users: 18

日期 Date 時間 Time	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	
	週六	週日	週一	週二	週三	週四	週五	週六	週日	週一	週二	週三	週四	週五	週六	週日	週一	週二	週三	週四	週五	週六	週日	週一	週二	週三	週四	週五	
	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	
07:00 - 08:00	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	A	M	A	A	A	A	A	A	A	A	A	A	
08:00 - 09:00	A	A	A	M	P	A	P	A	A	A	A	A	A	P	A	A	A	M	P	A	P	A	A	A	A	A	P	A	P
09:00 - 10:00	A	A	P	M	P	P	P	A	A	P	A	A	P	P	A	P	P	M	P	P	P	A	A	P	A	P	P	P	
10:00 - 11:00	A	A	P	M	A	P	A	A	A	P	A	A	P	A	A	P	P	M	A	P	A	A	A	P	A	A	P	A	
11:00 - 12:00	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	P	A	M	A	A	A	A	A	A	A	A	A	A	
12:00 - 13:00	A	A	A	M	A	A	A	A	A	A	A	A	A	A	A	A	A	M	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	
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	
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	
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	
17:00 - 18:00	A	A	P	A	P	A	A	A	A	P	A	A	A	A	A	A	P	A	P	A	A	A	A	P	A	P	A	A	
18:00 - 19:00	A	A	P	A	P	A	A	A	A	P	A	A	A	A	A	A	P	A	P	A	A	A	A	P	A	P	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	
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	
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	
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	

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 7.1.2025

最新更新日期 Date of latest update 7.1.2025