

朗屏體育館健身室開放時間 (2024年8月) Opening Hour of Fitness Room for Long Ping Sports Centre in August 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: 8

月票名額 Quota for Monthly Ticket Users: 11

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

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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