

# 兆麟體育館 Siu Lun Sports Centre

## 健身室時間表 Timetable for Fitness Room

年 月  
2024 Year 6 Month

T/P 訓練/活動 Training / Programme  
PH 公眾假期休館 Close on Public Holiday  
M 保養日 Maintenance

| 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         |     |  |  |  |
|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|-----|--|--|--|
| Time 時間    | (六)<br>Sat | (日)<br>Sun | (一)<br>Mon | (二)<br>Tue | (三)<br>Wed | (四)<br>Thu | (五)<br>Fri | (六)<br>Sat | (日)<br>Sun | (一)<br>Mon | (二)<br>Tue | (三)<br>Wed | (四)<br>Thu | (五)<br>Fri | (六)<br>Sat | (日)<br>Sun | (一)<br>Mon | (二)<br>Tue | (三)<br>Wed | (四)<br>Thu | (五)<br>Fri | (六)<br>Sat | (日)<br>Sun | (一)<br>Mon | (二)<br>Tue | (三)<br>Wed | (四)<br>Thu | (五)<br>Fri | (六)<br>Sat | (日)<br>Sun |     |  |  |  |
| 7 - 8 am   |            |            |            | T/P        | M          | T/P        |            |            |            |            | T/P        |            | T/P        |            |            |            |            | T/P        | M          |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 8 - 9 am   |            |            |            | T/P        |            | T/P        |            |            |            |            |            | T/P        |            | T/P        |            |            |            |            |            | T/P        |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 9 - 10 am  |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 10 - 11 am |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 11 - 12 nn |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 12 - 1 pm  |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 1 - 2 pm   |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 2 - 3 pm   |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            | T/P        |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 3 - 4 pm   |            |            | T/P        |            | T/P        |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 4 - 5 pm   |            |            | T/P        |            | T/P        |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 5 - 6 pm   |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 6 - 7 pm   |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 7 - 8 pm   |            |            |            |            |            |            |            |            |            |            |            | T/P        |            | T/P        |            |            |            | T/P        |            | T/P        |            | T/P        |            |            | T/P        |            | T/P        |            | T/P        |            | T/P |  |  |  |
| 8 - 9 pm   |            |            |            |            |            | T/P        |            |            |            |            |            | T/P        |            | T/P        |            |            |            | T/P        |            | T/P        |            | T/P        |            |            | T/P        |            | T/P        |            | T/P        |            | T/P |  |  |  |
| 9 - 10 pm  |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |
| 10 - 11 pm |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |            |     |  |  |  |

PH: Public Holiday 公眾假期

am/nn/pm: 上午/中午/下午

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.**