

青衣西南體育館健身室開放時間 (2025年2月) Opening Hour of Fitness Room for Tsing Yi Southwest Sports Centre in Feb 2025

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: 6

月票名額 Quota for Monthly Ticket Users: 14

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

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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