The limit of Scheduled refresh in Power BI Pro is **8 refreshes per day** for datasets in import mode. This means you can configure your Power BI reports to automatically update their data from the underlying source up to eight times a day.

Here's a breakdown of the limitations:

* **Power BI Pro:** 8 scheduled refreshes per day (per dataset)
* **Power BI Premium:** Offers more flexibility. You can set up refresh schedules as frequent as every 15 minutes or even trigger refreshes in real-time using DirectQuery or Live Connections.

**Additional Points:**

* This limit applies to refreshes scheduled throughout the day, not just specific times.
* You can manually refresh your reports more than eight times a day if needed. However, frequent manual refreshes can strain shared resources in Power BI Pro.
* Scheduled refresh limits are in place to ensure smooth operation for all Pro users sharing the same capacity.

Refer the below links

[Advanced incremental refresh and real-time data with the XMLA endpoint in Power BI - Power BI | Microsoft Learn](https://learn.microsoft.com/en-us/power-bi/connect-data/incremental-refresh-xmla)

[Configure scheduled refresh - Power BI | Microsoft Learn](https://learn.microsoft.com/en-us/power-bi/connect-data/refresh-scheduled-refresh)

[Solved: Power BI - Schedule refresh - Microsoft Fabric Community](https://community.fabric.microsoft.com/t5/Desktop/Power-BI-Schedule-refresh/td-p/3130526)