荃灣體育館

Tsuen Wan Sports Centre

健身室時間表 Timetable for Fitness Room

年 月

B團體預訂

訓練/活動

Training / Programme

2022

Year

Month

保養日

Block Booking Maintenance

時票名額 Hourly Ticket Quota: 15 月票名額 Monthly Ticket Quota: 25

sB 暫停開放時段Sessional Break

| | | | _ | | I _ | | _ | | | 4.0 | | 4.0 | 4.0 | | | 4.5 | 1 4 - 1 | 40 | 4.0 | 20 | | | | 2.1 | ٥. | 2.5 | | 20 | 20 | 20 | |
|--------------------|-----|-----|-----|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|---------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 日期 Date | I | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 12 | 13 | 14 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| Time 時間 | 五 | 六 | 日 | _ | | 11.] | 四 | 五 | 六 | 日 | _ | | == | 四 | 五. | 六 | 日 | | 1 | = | 四 | 五 | 六 | 日 | _ | | 111 | 四 | 五 | 六 | 日 |
| 2 2222 11 17 12 17 | Fri | 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 | Sat | Sun |
| 7 - 8 am | | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | | | |
| 8 - 9 am | | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | | | |
| 9 - 10 am | | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | | | |
| 10 - 11 am | | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | | | |
| 11 - 12 nn | SB | SB | SB | SB | SB | SB | M | SB | SB | SB | SB | M | SB |
| 12 - 1 pm | | | | | | | M | | | T/P | | | | | | T/P | | T/P | | T/P | M | | | | T/P | | T/P | | | | |
| 1 - 2 pm | | | | | | | | | | | | | | | | | | T/P | | T/P | | | | | T/P | | T/P | | | | |
| 2 - 3 pm | | | | | | | | | | | | | | | | | | T/P | | T/P | | | | | T/P | | T/P | | | | |
| 3 - 4 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 - 5 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 - 6 pm | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB |
| 6 - 7 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 - 8 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 - 9 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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.