

彩虹道體育館

Choi Hung Road Sports Centre

健身室時間表

Timetable for Fitness Room

年 月
2022 Year 2 Month

T/P	訓練/活動	Training / Programme
B	團體預訂	Block Booking
M	保養日	Maintenance
D	消毒	Disinfection
C	場地關閉	Closed

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
	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	Mo
7 - 8 am	C	C	C																									
8 - 9 am	C	C	C																									
9 - 10 am	C	C	C				M														M							
10 - 11 am	C	C	C	D	D	D	M	D	D	D	D	D	D	D	D	D	D	D	D	D	M	D	D	D	D	D	D	D
11 - 12 nn	C	C	C				M														M							
12 - 1 pm	C	C	C				M														M							
1 - 2 pm	C	C	C				M														M							
2 - 3 pm	C	C	C				M														M							
3 - 4 pm	C	C	C																									
4 - 5 pm	C	C	C	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D
5 - 6 pm	C	C	C																									
6 - 7 pm	C	C	C																									
7 - 8 pm	C	C	C																									
8 - 9 pm	C	C	C																									
9 - 10 pm	C	C	C																									
10 - 11 pm	C	C	C																									

本健身室可供入場配額為時票名額4位，月票名額14位

The quota for hourly Ticket User: 4 people and Monthly Ticket User: 14 people

PH: Public Holiday 公眾假期

am/nn/pm: 上午／中午／下午

向場地職員查詢最新預訂情況。

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