

荔景體育館 Lai King Sports Centre

健身室時間表 Timetable for Fitness Room

年 月
2021 Year 8 Month

月票人士入場名額: 18人

Quota for Monthly Ticket User: 18 nos.

時票人士入場名額: 8人

Quota for Hourly Ticket User: 8 nos.

| | | |
|------------|--------|-------------------|
| T/P | 訓練班 | Training Course |
| SB | 暫停開放時段 | Sessional Break |
| M | 保養日 | Maintenance |
| S | 全民運動日 | Sport For All Day |

| 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 | 31 |
|------------|------------|------------|------------|------------|-------------|------------|------------|------------|------------|------------|------------|-------------|------------|------------|------------|------------|------------|------------|-------------|------------|------------|------------|------------|------------|------------|-------------|------------|------------|------------|------------|------------|
| Time 時間 | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thur | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thur | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thur | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue | (三) Wed | (四) Thur | (五) Fri | (六) Sat | (日) Sun | (一) Mon | (二) Tue |
| 7 - 8 am | S | | | | | | | | | M | | | | | | | | | | | | | | M | | | | | | | |
| 8 - 9 am | S | T/P | | | | | | | T/P | M | | | | | | T/P | | | | | | | | T/P | M | | | | | | T/P |
| 9 - 10 am | S | T/P | | T/P | T/P | T/P | | | T/P | M | T/P | T/P | T/P | | | T/P | | T/P | T/P | T/P | | | T/P | M | T/P | T/P | T/P | | | | T/P |
| 10 - 11 am | S | T/P | | T/P | T/P | T/P | | | T/P | M | T/P | T/P | T/P | | | T/P | | T/P | T/P | T/P | | | T/P | M | T/P | T/P | T/P | | | | T/P |
| 11 - 12 nn | SB | SB | SB | SB | SB | SB | SB | SB | SB | M | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | SB | M | SB | SB | SB | SB | SB | SB | SB |
| 12 - 1 pm | S | | | | | | | | | M | | | | | | | | | | | | | | M | | | | | | | |
| 1 - 2 pm | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 - 3 pm | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 - 4 pm | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 - 5 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 |
| 5 - 6 pm | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 - 7 pm | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 - 8 pm | S | T/P | | T/P | | | | | T/P | | T/P | | | | | T/P | | T/P | | | | | | T/P | | T/P | | | | | T/P |
| 8 - 9 pm | S | T/P | | T/P | | | | | T/P | | T/P | | | | | T/P | | T/P | | | | | | T/P | | T/P | | | | | T/P |
| 9 - 10 pm | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 - 11 pm | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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.