

恆安體育館

Heng On Sports Centre

健身室時間表

Timetable for Fitness Room

年 月
2021 Year 8 Month

| | | |
|-----|-------|----------------------|
| T/P | 訓練/活動 | Training / Programme |
| B | 團體預訂 | Block Booking |
| M | 保養日 | Maintenance |
| SB | 暫停開放 | Sessional Break |

| 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) | (一) | (二) | (三) | (四) | (五) | (六) | (日) | (一) | (二) | (三) | (四) | (五) | (六) | (日) | (一) | (二) | (三) | (四) | (五) | (六) | (日) | (一) | (二) | (三) | (四) | (五) | (六) | (日) | (一) | (二) |
| | 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 | Mon | Tue |
| 7 - 8 am | | | | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | |
| 8 - 9 am | | 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 | T/P | T/P | T/P | | M | T/P | T/P | T/P | T/P | T/P | | T/P | |
| 9 - 10 am | | 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 | T/P | T/P | T/P | | M | T/P | T/P | T/P | T/P | T/P | | T/P | |
| 10 - 11 am | | | | | | | | T/P | M | | | | | | | | | | | | | | M | | | | | | | | |
| 11 - 12 nn | | | | | | | | T/P | M | | | | | | | | | | | | | | M | | | | | | | | |
| 12 - 1 pm | | | | | | | | | M | | | | | | | | | | | | | | M | | | | | | | | |
| 1 - 2 pm | SB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 - 3 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 - 4 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 - 5 pm | SB | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 - 6 pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 - 7 pm | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | | |
| 7 - 8 pm | | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | |
| 8 - 9 pm | | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | T/P | | T/P | | T/P | | | |
| 9 - 10 pm | | | | | | T/P | | | | | | | T/P | | | | | | | | T/P | | | | | | | T/P | | | |
| 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.

備註:

可供時票與月票人士的入場配額為時票名額7人及月票名額8人。

重新開放的健身室會實施特別安排，包括健身站、器械和器材之間至少有1.5 米距離或設有某種形式的有效隔板，設有人場人數限制。

Remarks:

The quota for hourly and monthly ticket user of this Fitness Room is Hourly Ticket User : 7 nos. and Monthly Ticket User : 8 nos.

Special measures will be adopted at reopened fitness rooms, such as at least 1.5m between fitness machines and equipment or some form of effective partitioning, limitation of number of users applies.