

# 圓洲角體育館 Yuen Chau Kok Sports Centre

## 健身室時間表 Timetable for Fitness Room

年 月  
2021 Year 9 Month

**T/P** 訓練/活動 Training /  
**B** 團體預訂 Block Booking  
**M** 保養日 Maintenance  
**SB** 清潔時段 Sessional Break

PH

| 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  |
|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Time 時間    | (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) | (三) | (四) |
|            | 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 | Wed | Thu |
| 7 - 8 am   |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 8 - 9 am   |     | M   | T/P |     |     |     | T/P |     |     | T/P |     |     |     | T/P |     | M   | T/P |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 9 - 10 am  |     | M   | T/P |     |     |     | T/P |     |     | T/P |     |     |     | T/P |     | M   | T/P |     |     |     |     |     |     |     |     | T/P |     |     |     |     |
| 10 - 11 am |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     | M   |     |     |     |     |     |     |     |     |     | T/P |     |     |     |     |
| 11 - 12 nn | SB  | M   | SB  |     |     |     |     |     |     |     |     |     |     |     |     | M   | SB  |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 12 - 1 pm  |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     | M   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 1 - 2 pm   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 2 - 3 pm   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | T/P |     |     |     |     |     |     |     |     |     |     |     |     |
| 3 - 4 pm   | T/P |     | T/P |     |     |     |     | T/P |     | T/P |     |     |     |     |     |     |     | T/P |     |     |     |     |     | T/P |     |     |     |     | T/P |     |
| 4 - 5 pm   | T/P |     | T/P |     |     |     |     | T/P |     | T/P |     |     |     |     |     |     |     | T/P |     |     |     |     |     | T/P |     |     |     |     | T/P |     |
| 5 - 6 pm   | SB  |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 6 - 7 pm   |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 7 - 8 pm   |     |     | T/P |     |     |     |     |     |     | T/P |     |     |     |     |     |     | T/P |     |     |     |     |     |     | T/P |     |     |     |     |     |     |
| 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.