

# 源禾路體育館

## Yuen Wo Road 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

| 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)<br>Sun | (一)<br>Mon | (二)<br>Tue | (三)<br>Wed | (四)<br>Thu | (五)<br>Fri | (六)<br>Sat | (日)<br>Sun | (一)<br>Mon | (二)<br>Tue | (三)<br>Wed | (四)<br>Thu | (五)<br>Fri | (六)<br>Sat | (日)<br>Sun | (一)<br>Mon | (二)<br>Tue | (三)<br>Wed | (四)<br>Thu | (五)<br>Fri | (六)<br>Sat | (日)<br>Sun | (一)<br>Mon | (二)<br>Tue | (三)<br>Wed | (四)<br>Thu | (五)<br>Fri | (六)<br>Sat | (日)<br>Sun | (一)<br>Mon | (二)<br>Tue |
| 7 - 8 am   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 8 - 9 am   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 9 - 10 am  | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 10 - 11 am | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 11 - 12 nn | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 12 - 1 pm  | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 1 - 2 pm   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 2 - 3 pm   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 3 - 4 pm   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 4 - 5 pm   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 5 - 6 pm   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 6 - 7 pm   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 7 - 8 pm   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 8 - 9 pm   | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 9 - 10 pm  | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |
| 10 - 11 pm | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          | M          |

**Remarks:** 本健身室可供時票與月票人士的入場配額為時票名額5人及月票名額13人

PH: Public Holiday 公眾假期

am/nn/pm: 上午／中午／下午

The quota for hourly and monthly ticket user of this Fitness Room is Hourly Ticket User : 5 nos. and Monthly Ticker User : 13 nos.

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.