

# 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 7 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	29	30	31
	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	Fri	Sat	Sun
7 - 8 am																															
8 - 9 am																															
9 - 10 am				M														M													
10 - 11 am	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	D	D	D	D	D	D
11 - 12 nn				M														M													
12 - 1 pm				M														M													
1 - 2 pm				M														M													
2 - 3 pm				M														M													
3 - 4 pm																															
4 - 5 pm	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	D	D	D	D	D	D
5 - 6 pm																															
6 - 7 pm																															
7 - 8 pm																															
8 - 9 pm																															
9 - 10 pm																															
10 - 11 pm																															

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。

The timetable is for reference only. Please contact venue staff for the latest booking status.