

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 6 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
	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																														
8 - 9 am																														
9 - 10 am						M														M										
10 - 11 am	D	D	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
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
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.