

港島東體育館

Island East Sports Centre

健身室時間表

Timetable for Fitness Room

健身室使用人數：18 Capacity of Fitness Room : 18

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

2021 年 11 月
Year Month

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

Booking of hourly ticket must be made in person at Island East Sports Centre. 請前往港島東體育館即場購買時票

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.