將軍澳體育館

Tseung Kwan O Sports Centre

健身室時間表 Timetable for Fitness Room

年 月 2021 Year 7 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 | (元) |
| 7 - 8 am | Thu Th Sat Sun Won Tue Wed Thu Th Sat |
| 8 - 9 am | |
| 9 - 10 am | |
| 10 - 11 am | |
| 11 - 12 nn | |
| 12 - 1 pm | 1月177月1日日 |
| 1 - 2 pm | 場地關閉 |
| 2 - 3 pm | |
| 3 - 4 pm | |
| 4 - 5 pm | Closed |
| 5 - 6 pm | CIUSCU |
| 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

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.