

東涌文東路體育館
Tung Chung Man Tung Road Sports Centre

健身室時間表
Timetable for Fitness Room

年 月

2021 Year 10 Month

| | | |
|-----|--------|----------------------|
| T/P | 訓練/活動 | Training / Programme |
| B | 團體預訂 | Block Booking |
| SB | 暫停開放時段 | Session Break |
| M | 保養日 | Maintenance |
| TC | 設施關閉 | Temporarily Closed |

每節入場配額: 時票 8; 月票 17

Quota for each session: Hourly Ticket Users 8; Monthly Ticket Users 17

| | | PH | | | | | | | | | | | | PH | | | | | | | | | | | | | | | | | | |
|--------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Date 日期 Time 時間 | | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | 五 | 六 | 日 | 一 | 二 | 三 | 四 | 五 | 六 | 日 | 一 | 二 | 三 | 四 | 五 | 六 | 日 | 一 | 二 | 三 | 四 | 五 | 六 | 日 | 一 | 二 | 三 | 四 | 五 | 六 | 日 |
| 7 - 8 am | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | M | | | | | | | | | | | | | |
| 8 - 9 am | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | M | | | | | | | | | | | | | |
| 9 - 10 am | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | M | | | | | | | | | | | | | |
| 10 - 11 am | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | M | | | | | | | | | | | | | |
| 11 - 12 nn | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | M | | | | | | | | | | | | | |
| 12 - 1 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | SB | | | | | | | | | | | | | | | | | | |
| 1 - 2 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | | | | | | | | | | | | | | |
| 2 - 3 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | | | | | | | | | | | | | | |
| 3 - 4 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | | | | | | | | | | | | | | |
| 4 - 5 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | | | | | | | | | | | | | | |
| 5 - 6 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | | | | | | | | | | | | | | |
| 6 - 7 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | SB | | | | | | | | | | | | | | | | | | |
| 7 - 8 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | T/P | | | | | | | | | | | | | | |
| 8 - 9 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | T/P | | | | | | | | | | | | | | |
| 9 - 10 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | T/P | | | | | | | | | | | | | | |
| 10 - 11 pm | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | TC | | | | | | | | | | | | | | | | | | | |

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.