

健身房使用時間表

(GYM OPENING TIME)

112-2

| 時間 | 一 | 二 | 三 | 四 | 五 |
|--------------------|-----------------------------|-----------------------------|----------------|---------------------------------|-----------------------------|
| 08:00~10:00 | | 上課 In class | | 上課 In class | |
| 10:00~12:00 | | 上課 In class | | | |
| 12:00~13:00 | 免費開放 Free Opening | 免費開放 Free Opening | | 免費開放 Free Opening | 免費開放 Free Opening |
| 13:00~14:00 | | | 上課 In class | | |
| 14:00~15:00 | | | | | |
| 15:00~16:00 | | 上課 In class | | | |
| 16:00~17:00 | | | | | |
| 17:00~18:30 | | | | | |
| 進修部 18:30~20:05 | 收費開放 Opening (21:00止) | 收費開放 Opening (21:00止) | 上課 In class | 收費開 放 Opening (21:00止) | 收費開放 Opening (21:00止) |
| 20:15~21:30 | | | 上課 In class | | |

- 備註：1. 本校運動場館免費開放時間為星期一、二、四、五12:00-14:00；開放對象為本校教職員工及學生，憑有效證件入內使用器材。
2. 收費開放時間(星期一、二、四、五17:00-21:30)，需憑身分證件至體育館1樓健身房登記繳費申請使用健身房或B1F淋浴間。
3. 進入館內應穿著運動服裝及運動鞋，並攜帶毛巾。
4. 遇課程或校內活動需要則暫停開放；開放時間如有異動，則依現場公告為準。

Note:

- From 12:00 to 14:00, admission is free for the staff and students of Shih Chien University with valid staff or student ID card.
- During opening time, please take ID card and go on 2F Physical education office to pay & apply for the use of gym or B1F shower.
- Please wear sports shoes and appropriate work-out clothing and carry towel.
- Open time according to the announcement on site.