

UOWCHK Fitness Room – Appointment Manual

***Only those who hold Fitness Room Entry Permit card issued by the College are eligible to book the Fitness room.**

Booking page link: <https://uowchkfitnessroom.setmore.com>



1. Click the above hyperlink or scan the QR code to enter the booking page of UOWCHK Fitness Room. Click “Login” to create your profile for making appointment.
2. Please use your **full name, UOW email address** and your **mobile phone number** to create your profile. Your appointment may be declined if your profile is created with an external email address.



UOWCHK

 Book Class

 Staff

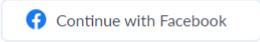
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Login

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No profile yet?

Create new profile ←

[Skip login process](#)

Contact info

 +852 27073179

Business hours (HKT)

Mon	9:00 am - 8:00 pm
Tue	9:00 am - 8:00 pm
Wed	9:00 am - 8:00 pm
Thu	9:00 am - 8:00 pm
Fri	9:00 am - 8:00 pm
Sat	Closed
Sun	Closed

Your name
First and last name **Your Full Name** ×

Email **Your UOW email address**

Password

Create new profile

 Google  Facebook

3. Choose your class under the column "Book Class".

The screenshot shows the UOWCHK mobile app interface. On the left is a navigation menu with 'Book Class' selected. The main content area displays 'UOWCHK Fitness Room' with a 'Your class' section containing a 'Fitness Room 60 mins' item highlighted by a red box and a red arrow. On the right, there is contact information and work hours.

Contact info
+852 27073179

Work hours (HKT)

Mon	9:00 am - 8:00 pm
Tue	9:00 am - 8:00 pm
Wed	9:00 am - 8:00 pm
Thu	9:00 am - 8:00 pm
Fri	9:00 am - 8:00 pm
Sat	Day off
Sun	Day off

4. Choose the provider.

The screenshot shows the UOWCHK mobile app interface at the 'Choose Provider' screen. The 'UOWCHK Fitness Room' provider is highlighted with a red box and a red arrow. On the right, there is contact information and business hours.

[Login](#)

Contact info
+852 27073179

Business hours (HKT)

Mon	9:00 am - 8:00 pm
Tue	9:00 am - 8:00 pm
Wed	9:00 am - 8:00 pm
Thu	9:00 am - 8:00 pm
Fri	9:00 am - 8:00 pm
Sat	Closed
Sun	Closed

4. Choose your desired time slot.

UOWCHK
COLLEGE HONG KONG
香港伍倫貢學院

Book Class
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Date & Time

Fitness Room
with UOWCHK Fitness Room

Your time zone
(GMT +08:00) China Standard Time - ...

Book on Tuesday, August 8, 2023

12:00 pm
2:00 pm
3:00 pm
4:00 pm
5:00 pm
6:00 pm
7:00 pm

Contact info
+852 27073179

Business hours (HKT)

Mon	9:00 am - 8:00 pm
Tue	9:00 am - 8:00 pm
Wed	9:00 am - 8:00 pm
Thu	9:00 am - 8:00 pm
Fri	9:00 am - 8:00 pm
Sat	Closed
Sun	Closed

5. Fill in your full name, phone number and email address. Click “book”.

Your information

Fitness Room
with UOWCHK Fitness Room on Aug 8, 7:00 pm

Your name

+852 Phone

Email

Address (Optional)

City (Optional)

State (Optional) Zip code (Optional)

I agree to the cancellation policy

Yes, send me an email reminder

Book

6. Your appointment is completed. You will receive a booking ID and a confirmation email after the completion of your appointment.

Confirmation



You are booked with UOWCHK Fitness Room

Class Fitness Room

Date & time Tue 8 Aug 2023 at 7:00 pm (CST)

Booking ID SLOQ2UQG

[Book another class](#)