

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 28 May 2025, 02:30 pm

Courses in June 2025			
Course Code	Date		Time
FTC-24/S3/R3/FTC-03	3 Jun 2025	Tue	1430 - 1630
FTC-24/S3/R3/FTC-04	3 Jun 2025	Tue	1430 - 1630
FTC-24/S3/R3/FTC-05	13 Jun 2025	Fri	0930 - 1130
FTC-24/S3/R3/FTC-06	13 Jun 2025	Fri	0930 - 1130
FTC-24/S3/R3/FTC-07	19 Jun 2025	Thurs	0930 - 1130
FTC-24/S3/R3/FTC-08	19 Jun 2025	Thurs	0930 - 1130
FTC-24/S3/R3/FTC-09	24 Jun 2025	Tue	1430 - 1630
FTC-24/S3/R3/FTC-10	24 Jun 2025	Tue	1430 - 1630

Remarks:

- 1) Attendance will be taken within the first five minutes of class starts.
- 2) Students should put on proper sportswear and sports shoes.