

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 23 April 2025, 02:30 pm

Courses in May 2025			
Course Code	Date		Time
FTC-24/S2/R141/FTC-141	20 May 2025	Tue	1430 - 1630
FTC-24/S2/R142/FTC-142	20 May 2025	Tue	1430 - 1630
FTC-24/S3/R1/FTC-01	26 May 2025	Mon	1430 - 1630
FTC-24/S3/R2/FTC-02	26 May 2025	Mon	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.