

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

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

Courses in August 2025			
Course Code	Date		Time
FTC-24/S3/R3/FTC-19	5 Aug 2025	Tue	1430 - 1630
FTC-24/S3/R3/FTC-20	5 Aug 2025	Tue	1430 - 1630
FTC-24/S3/R3/FTC-21	7 Aug 2025	Thurs	0930 - 1130
FTC-24/S3/R3/FTC-22	7 Aug 2025	Thurs	0930 - 1130
FTC-24/S3/R3/FTC-23	15 Aug 2025	Fri	1430 - 1630
FTC-24/S3/R3/FTC-24	15 Aug 2025	Fri	1430 - 1630
FTC-24/S3/R3/FTC-25	18 Aug 2025	Mon	0930 - 1130
FTC-24/S3/R3/FTC-26	18 Aug 2025	Mon	0930 - 1130
FTC-24/S3/R3/FTC-27	20 Aug 2025	Wed	1430 - 1630
FTC-24/S3/R3/FTC-28	20 Aug 2025	Wed	1430 - 1630
FTC-24/S3/R3/FTC-33	21 Aug 2025	Thurs	0930 - 1130
FTC-24/S3/R3/FTC-34	21 Aug 2025	Thurs	0930 - 1130
FTC-24/S3/R3/FTC-29	25 Aug 2025	Mon	0930 - 1130
FTC-24/S3/R3/FTC-30	25 Aug 2025	Mon	0930 - 1130
FTC-24/S3/R3/FTC-31	27 Aug 2025	Wed	0930 - 1130
FTC-24/S3/R3/FTC-32	27 Aug 2025	Wed	0930 - 1130

Remarks:

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