

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 19 November 2025, 02:30 pm

Courses in November 2025			
Course Code	Date		Time
FTC-25/S1/R107/FTC-107	1 Dec 2025	Mon	0930 - 1130
FTC-25/S1/R108/FTC-108	1 Dec 2025	Mon	0930 - 1130
FTC-25/S1/R109/FTC-109	2 Dec 2025	Tue	0930 - 1130
FTC-25/S1/R110/FTC-110	2 Dec 2025	Tue	0930 - 1130
FTC-25/S1/R111/FTC-111	8 Dec 2025	Mon	1430 - 1630
FTC-25/S1/R112/FTC-112	8 Dec 2025	Mon	1430 - 1630
FTC-25/S1/R113/FTC-113	10 Dec 2025	Wed	1430 - 1630
FTC-25/S1/R114/FTC-114	10 Dec 2025	Wed	1430 - 1630
FTC-25/S1/R115/FTC-115	12 Dec 2025	Fri	1430 - 1630
FTC-25/S1/R116/FTC-116	12 Dec 2025	Fri	1430 - 1630
FTC-25/S1/R117/FTC-117	15 Dec 2025	Mon	0930 - 1130
FTC-25/S1/R118/FTC-118	15 Dec 2025	Mon	0930 - 1130
FTC-25/S1/R119/FTC-119	16 Dec 2025	Tue	1430 - 1630
FTC-25/S1/R120/FTC-120	16 Dec 2025	Tue	1430 - 1630
FTC-25/S1/R121/FTC-121	22 Dec 2025	Mon	1430 - 1630
FTC-25/S1/R122/FTC-122	22 Dec 2025	Mon	1430 - 1630
FTC-25/S1/R123/FTC-123	30 Dec 2025	Tue	0930 - 1130
FTC-25/S1/R124/FTC-124	30 Dec 2025	Tue	0930 - 1130
FTC-25/S1/R125/FTC-125	31 Dec 2025	Wed	0930 - 1130
FTC-25/S1/R126/FTC-126	31 Dec 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.