

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 22 October 2025, 02:30 pm

Courses in November 2025			
Course Code	Date		Time
FTC-25/S1/R77/FTC-077	4 Nov 2025	Tue	0930 - 1130
FTC-25/S1/R78/FTC-078	4 Nov 2025	Tue	0930 - 1130
FTC-25/S1/R79/FTC-079	5 Nov 2025	Wed	0930 - 1130
FTC-25/S1/R80/FTC-080	5 Nov 2025	Wed	0930 - 1130
FTC-25/S1/R81/FTC-081	10 Nov 2025	Mon	0930 - 1130
FTC-25/S1/R82/FTC-082	10 Nov 2025	Mon	0930 - 1130
FTC-25/S1/R83/FTC-083	11 Nov 2025	Tue	0930 - 1130
FTC-25/S1/R84/FTC-084	11 Nov 2025	Tue	0930 - 1130
FTC-25/S1/R85/FTC-085	12 Nov 2025	Wed	1430 - 1630
FTC-25/S1/R86/FTC-086	12 Nov 2025	Wed	1430 - 1630
FTC-25/S1/R87/FTC-087	17 Nov 2025	Mon	0930 - 1130
FTC-25/S1/R88/FTC-088	17 Nov 2025	Mon	0930 - 1130
FTC-25/S1/R89/FTC-089	17 Nov 2025	Mon	1430 - 1630
FTC-25/S1/R90/FTC-090	17 Nov 2025	Mon	1430 - 1630
FTC-25/S1/R91/FTC-091	18 Nov 2025	Tue	0930 - 1130
FTC-25/S1/R92/FTC-092	18 Nov 2025	Tue	0930 - 1130
FTC-25/S1/R93/FTC-093	18 Nov 2025	Tue	1430 - 1630
FTC-25/S1/R94/FTC-094	18 Nov 2025	Tue	1430 - 1630
FTC-25/S1/R95/FTC-095	19 Nov 2025	Wed	1430 - 1630
FTC-25/S1/R96/FTC-096	19 Nov 2025	Wed	1430 - 1630
FTC-25/S1/R97/FTC-097	21 Nov 2025	Fri	1430 - 1630
FTC-25/S1/R98/FTC-098	21 Nov 2025	Fri	1430 - 1630
FTC-25/S1/R99/FTC-099	24 Nov 2025	Mon	0930 - 1130
FTC-25/S1/R100/FTC-100	24 Nov 2025	Mon	0930 - 1130
FTC-25/S1/R101/FTC-101	24 Nov 2025	Mon	1430 - 1630
FTC-25/S1/R102/FTC-102	24 Nov 2025	Mon	1430 - 1630
FTC-25/S1/R103/FTC-103	25 Nov 2025	Tue	1430 - 1630

FTC-25/S1/R104/FTC-104	25 Nov 2025	Tue	1430 - 1630
FTC-25/S1/R105/FTC-105	27 Nov 2025	Thurs	1430 - 1630
FTC-25/S1/R106/FTC-106	27 Nov 2025	Thurs	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.