

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 24 September 2025, 02:30 pm

Courses in October 2025			
Course Code	Date		Time
FTC-25/S1/R41/FTC-041	2 Oct 2025	Thurs	1430 - 1630
FTC-25/S1/R42/FTC-042	2 Oct 2025	Thurs	1430 - 1630
FTC-25/S1/R43/FTC-043	3 Oct 2025	Fri	1430 - 1630
FTC-25/S1/R44/FTC-044	3 Oct 2025	Fri	1430 - 1630
FTC-25/S1/R45/FTC-045	8 Oct 2025	Wed	0930 - 1130
FTC-25/S1/R46/FTC-046	8 Oct 2025	Wed	0930 - 1130
FTC-25/S1/R47/FTC-047	8 Oct 2025	Wed	1430 - 1630
FTC-25/S1/R48/FTC-048	8 Oct 2025	Wed	1430 - 1630
FTC-25/S1/R49/FTC-049	10 Oct 2025	Fri	0930 - 1130
FTC-25/S1/R50/FTC-050	10 Oct 2025	Fri	0930 - 1130
FTC-25/S1/R51/FTC-051	10 Oct 2025	Fri	1430 - 1630
FTC-25/S1/R52/FTC-052	10 Oct 2025	Fri	1430 - 1630
FTC-25/S1/R53/FTC-053	13 Oct 2025	Mon	1430 - 1630
FTC-25/S1/R54/FTC-054	13 Oct 2025	Mon	1430 - 1630
FTC-25/S1/R55/FTC-055	14 Oct 2025	Tue	0930 - 1130
FTC-25/S1/R56/FTC-056	14 Oct 2025	Tue	0930 - 1130
FTC-25/S1/R57/FTC-057	15 Oct 2025	Wed	0930 - 1130
FTC-25/S1/R58/FTC-058	15 Oct 2025	Wed	0930 - 1130
FTC-25/S1/R59/FTC-059	17 Oct 2025	Fri	0930 - 1130
FTC-25/S1/R60/FTC-060	17 Oct 2025	Fri	0930 - 1130
FTC-25/S1/R61/FTC-061	17 Oct 2025	Fri	1430 - 1630
FTC-25/S1/R62/FTC-062	17 Oct 2025	Fri	1430 - 1630
FTC-25/S1/R63/FTC-063	20 Oct 2025	Mon	0930 - 1130
FTC-25/S1/R64/FTC-064	20 Oct 2025	Mon	0930 - 1130
FTC-25/S1/R65/FTC-065	22 Oct 2025	Wed	1430 - 1630
FTC-25/S1/R66/FTC-066	22 Oct 2025	Wed	1430 - 1630
FTC-25/S1/R67/FTC-067	23 Oct 2025	Thurs	0930 - 1130

FTC-25/S1/R68/FTC-068	23 Oct 2025	Thurs	0930 - 1130
FTC-25/S1/R69/FTC-069	24 Oct 2025	Fri	0930 - 1130
FTC-25/S1/R70/FTC-070	24 Oct 2025	Fri	0930 - 1130
FTC-25/S1/R71/FTC-071	27 Oct 2025	Mon	0930 - 1130
FTC-25/S1/R72/FTC-072	27 Oct 2025	Mon	0930 - 1130
FTC-25/S1/R73/FTC-073	28 Oct 2025	Tue	1430 - 1630
FTC-25/S1/R74/FTC-074	28 Oct 2025	Tue	1430 - 1630
FTC-25/S1/R75/FTC-075	31 Oct 2025	Fri	1430 - 1630
FTC-25/S1/R76/FTC-076	31 Oct 2025	Fri	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.