

## Fitness Training Course (FTC)

**Venue:** Fitness Room X123, Block X Sports Centre

**Date of Application:** 20 August 2025, 02:30 pm

| Courses in September 2025 |              |       |             |
|---------------------------|--------------|-------|-------------|
| Course Code               | Date         |       | Time        |
| FTC-25/S1/R1/FTC-001      | 1 Sept 2025  | Mon   | 0930 - 1130 |
| FTC-25/S1/R2/FTC-002      | 1 Sept 2025  | Mon   | 0930 - 1130 |
| FTC-25/S1/R3/FTC-003      | 1 Sept 2025  | Mon   | 1430 - 1630 |
| FTC-25/S1/R4/FTC-004      | 1 Sept 2025  | Mon   | 1430 - 1630 |
| FTC-25/S1/R5/FTC-005      | 2 Sept 2025  | Tue   | 0930 - 1130 |
| FTC-25/S1/R6/FTC-006      | 2 Sept 2025  | Tue   | 0930 - 1130 |
| FTC-25/S1/R7/FTC-007      | 2 Sept 2025  | Tue   | 1430 - 1630 |
| FTC-25/S1/R8/FTC-008      | 2 Sept 2025  | Tue   | 1430 - 1630 |
| FTC-25/S1/R9/FTC-009      | 3 Sept 2025  | Wed   | 0930 - 1130 |
| FTC-25/S1/R10/FTC-010     | 3 Sept 2025  | Wed   | 0930 - 1130 |
| FTC-25/S1/R11/FTC-011     | 4 Sept 2025  | Thurs | 1430 - 1630 |
| FTC-25/S1/R12/FTC-012     | 4 Sept 2025  | Thurs | 1430 - 1630 |
| FTC-25/S1/R13/FTC-013     | 5 Sept 2025  | Fri   | 1430 - 1630 |
| FTC-25/S1/R14/FTC-014     | 5 Sept 2025  | Fri   | 1430 - 1630 |
| FTC-25/S1/R15/FTC-015     | 8 Sept 2025  | Mon   | 0930 - 1130 |
| FTC-25/S1/R16/FTC-016     | 8 Sept 2025  | Mon   | 0930 - 1130 |
| FTC-25/S1/R17/FTC-017     | 9 Sept 2025  | Tue   | 0930 - 1130 |
| FTC-25/S1/R18/FTC-018     | 9 Sept 2025  | Tue   | 0930 - 1130 |
| FTC-25/S1/R19/FTC-019     | 9 Sept 2025  | Tue   | 1430 - 1630 |
| FTC-25/S1/R20/FTC-020     | 9 Sept 2025  | Tue   | 1430 - 1630 |
| FTC-25/S1/R21/FTC-021     | 10 Sept 2025 | Wed   | 0930 - 1130 |
| FTC-25/S1/R22/FTC-022     | 10 Sept 2025 | Wed   | 0930 - 1130 |
| FTC-25/S1/R23/FTC-023     | 11 Sept 2025 | Thurs | 0930 - 1130 |
| FTC-25/S1/R24/FTC-024     | 11 Sept 2025 | Thurs | 0930 - 1130 |
| FTC-25/S1/R25/FTC-025     | 11 Sept 2025 | Thurs | 1430 - 1630 |
| FTC-25/S1/R26/FTC-026     | 11 Sept 2025 | Thurs | 1430 - 1630 |
| FTC-25/S1/R27/FTC-027     | 12 Sept 2025 | Fri   | 1430 - 1630 |

|                       |              |       |             |
|-----------------------|--------------|-------|-------------|
| FTC-25/S1/R28/FTC-028 | 12 Sept 2025 | Fri   | 1430 - 1630 |
| FTC-25/S1/R29/FTC-029 | 17 Sept 2025 | Wed   | 0930 - 1130 |
| FTC-25/S1/R30/FTC-030 | 17 Sept 2025 | Wed   | 0930 - 1130 |
| FTC-25/S1/R31/FTC-031 | 18 Sept 2025 | Thurs | 1430 - 1630 |
| FTC-25/S1/R32/FTC-032 | 18 Sept 2025 | Thurs | 1430 - 1630 |
| FTC-25/S1/R33/FTC-033 | 19 Sept 2025 | Fri   | 1430 - 1630 |
| FTC-25/S1/R34/FTC-034 | 19 Sept 2025 | Fri   | 1430 - 1630 |
| FTC-25/S1/R35/FTC-035 | 24 Sept 2025 | Wed   | 0930 - 1130 |
| FTC-25/S1/R36/FTC-036 | 24 Sept 2025 | Wed   | 0930 - 1130 |
| FTC-25/S1/R37/FTC-037 | 25 Sept 2025 | Thurs | 0930 - 1130 |
| FTC-25/S1/R38/FTC-038 | 25 Sept 2025 | Thurs | 0930 - 1130 |
| FTC-25/S1/R39/FTC-039 | 28 Sept 2025 | Mon   | 0930 - 1130 |
| FTC-25/S1/R40/FTC-040 | 28 Sept 2025 | Mon   | 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.