

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	15 Sep 2025	Mon	0930 - 1130
FTC-25/S1/R16/FTC-016	15 Sep 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.