

## Fitness Training Course (FTC)

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

**Date of Application:** 29 May 2024, 02.30 pm

Courses in May 2024			
Course Code	Date		Time
FTC-23/S3/R3/FTC-003	7 Jun 2024	Fri	1430 - 1630
FTC-23/S3/R4/FTC-004	7 Jun 2024	Fri	1430 - 1630
FTC-23/S3/R5/FTC-005	13 Jun 2024	Thurs	0930 - 1130
FTC-23/S3/R6/FTC-006	13 Jun 2024	Thurs	0930 - 1130
FTC-23/S3/R7/FTC-007	17 Jun 2024	Mon	1430 - 1630
FTC-23/S3/R8/FTC-008	17 Jun 2024	Mon	1430 - 1630
FTC-23/S3/R9/FTC-009	27 Jun 2024	Thurs	0930 - 1130
FTC-23/S3/R10/FTC-010	27 Jun 2024	Thurs	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.