

## Fitness Training Course (FTC)

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

**Date of Application:** 21 Feb 2024, 02:30 pm

Courses in February 2024			
Course Code	Date		Time
FTC-23/S2/R1/FTC-029	1-Mar-24	Fri	1430 - 1630
FTC-23/S2/R1/FTC-030	1-Mar-24	Fri	1430 - 1630
FTC-23/S2/R1/FTC-031	4-Mar-24	Mon	0930 - 1130
FTC-23/S2/R1/FTC-032	4-Mar-24	Mon	0930 - 1130
FTC-23/S2/R1/FTC-033	5-Mar-24	Tue	1430 - 1630
FTC-23/S2/R1/FTC-034	5-Mar-24	Tue	1430 - 1630
FTC-23/S2/R1/FTC-035	6-Mar-24	Wed	1430 - 1630
FTC-23/S2/R1/FTC-036	6-Mar-24	Wed	1430 - 1630
FTC-23/S2/R1/FTC-037	7-Mar-24	Thurs	0930 - 1130
FTC-23/S2/R1/FTC-038	7-Mar-24	Thurs	0930 - 1130
FTC-23/S2/R1/FTC-039	8-Mar-24	Fri	0930 - 1130
FTC-23/S2/R1/FTC-040	8-Mar-24	Fri	0930 - 1130
FTC-23/S2/R1/FTC-041	12-Mar-24	Tue	0930 - 1130
FTC-23/S2/R1/FTC-042	12-Mar-24	Tue	0930 - 1130
FTC-23/S2/R1/FTC-043	12-Mar-24	Tue	1430 - 1630
FTC-23/S2/R1/FTC-044	12-Mar-24	Tue	1430 - 1630
FTC-23/S2/R1/FTC-045	13-Mar-24	Wed	0930 - 1130
FTC-23/S2/R1/FTC-046	13-Mar-24	Wed	0930 - 1130
FTC-23/S2/R1/FTC-047	13-Mar-24	Wed	1430 - 1630
FTC-23/S2/R1/FTC-048	13-Mar-24	Wed	1430 - 1630
FTC-23/S2/R1/FTC-049	18-Mar-24	Mon	0930 - 1130
FTC-23/S2/R1/FTC-050	18-Mar-24	Mon	0930 - 1130
FTC-23/S2/R1/FTC-051	19-Mar-24	Tue	0930 - 1130

FTC-23/S2/R1/FTC-052	19-Mar-24	Tue	0930 - 1130
FTC-23/S2/R1/FTC-053	19-Mar-24	Tue	1430 - 1630
FTC-23/S2/R1/FTC-054	19-Mar-24	Tue	1430 - 1630
FTC-23/S2/R1/FTC-055	22-Mar-24	Fri	0930 - 1130
FTC-23/S2/R1/FTC-056	22-Mar-24	Fri	0930 - 1130
FTC-23/S2/R1/FTC-057	26-Mar-24	Tue	0930 - 1130
FTC-23/S2/R1/FTC-058	26-Mar-24	Tue	0930 - 1130
FTC-23/S2/R1/FTC-059	27-Mar-24	Wed	0930 - 1130
FTC-23/S2/R1/FTC-060	27-Mar-24	Wed	0930 - 1130
FTC-23/S2/R1/FTC-061	27-Mar-24	Wed	1430 - 1630
FTC-23/S2/R1/FTC-062	27-Mar-24	Wed	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.