

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 25 June 2025, 02:30 pm

Courses in July 2025			
Course Code	Date		Time
FTC-24/S3/R3/FTC-11	3 Jul 2025	Thurs	1430 - 1630
FTC-24/S3/R3/FTC-12	3 Jul 2025	Thurs	1430 - 1630
FTC-24/S3/R3/FTC-13	8 Jul 2025	Tue	1430 - 1630
FTC-24/S3/R3/FTC-14	8 Jul 2025	Tue	1430 - 1630
FTC-24/S3/R3/FTC-15	18 Jul 2025	Fri	1430 - 1630
FTC-24/S3/R3/FTC-16	18 Jul 2025	Fri	1430 - 1630
FTC-24/S3/R3/FTC-17	24 Jul 2025	Thurs	1430 - 1630
FTC-24/S3/R3/FTC-18	24 Jul 2025	Thurs	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.