

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 27 Mar 2024, 02.30 pm

Courses in April 2024			
Course Code	Date		Time
FTC-23/S2/R63/FTC-063	3 Apr 2024	Wed	0930 - 1130
FTC-23/S2/R64/FTC-064	3 Apr 2024	Wed	0930 - 1130
FTC-23/S2/R65/FTC-065	5 Apr 2024	Fri	0930 - 1130
FTC-23/S2/R66/FTC-066	5 Apr 2024	Fri	0930 - 1130
FTC-23/S2/R67/FTC-067	5 Apr 2024	Fri	1430 - 1630
FTC-23/S2/R68/FTC-068	5 Apr 2024	Fri	1430 - 1630
FTC-23/S2/R69/FTC-069	8 Apr 2024	Mon	0930 - 1130
FTC-23/S2/R70/FTC-070	8 Apr 2024	Mon	0930 - 1130
FTC-23/S2/R71/FTC-071	10 Apr 2024	Wed	0930 - 1130
FTC-23/S2/R72/FTC-072	10 Apr 2024	Wed	0930 - 1130
FTC-23/S2/R73/FTC-073	12 Apr 2024	Fri	1430 - 1630
FTC-23/S2/R74/FTC-074	12 Apr 2024	Fri	1430 - 1630
FTC-23/S2/R75/FTC-075	15 Apr 2024	Mon	1430 - 1630
FTC-23/S2/R76/FTC-076	15 Apr 2024	Mon	1430 - 1630
FTC-23/S2/R77/FTC-077	17 Apr 2024	Wed	1430 - 1630
FTC-23/S2/R78/FTC-078	17 Apr 2024	Wed	1430 - 1630
FTC-23/S2/R79/FTC-079	19 Apr 2024	Fri	1430 - 1630
FTC-23/S2/R80/FTC-080	19 Apr 2024	Fri	1430 - 1630
FTC-23/S2/R81/FTC-081	24 Apr 2024	Wed	0930 - 1130
FTC-23/S2/R82/FTC-082	24 Apr 2024	Wed	0930 - 1130
FTC-23/S2/R83/FTC-083	25 Apr 2024	Thurs	0930 - 1130
FTC-23/S2/R84/FTC-084	25 Apr 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.