

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 26 Apr 2024, 02.30 pm

Courses in May 2024			
Course Code	Date		Time
FTC-23/S2/R85/FTC-085	6 May 2024	Mon	0930 - 1130
FTC-23/S2/R86/FTC-086	6 May 2024	Mon	0930 - 1130
FTC-23/S2/R87/FTC-087	9 May 2024	Thurs	1430 - 1630
FTC-23/S2/R88/FTC-088	9 May 2024	Thurs	1430 - 1630
FTC-23/S2/R89/FTC-089	13 May 2024	Mon	1430 - 1630
FTC-23/S2/R90/FTC-090	13 May 2024	Mon	1430 - 1630
FTC-23/S2/R91/FTC-091	21 May 2024	Tue	0930 - 1130
FTC-23/S2/R92/FTC-092	21 May 2024	Tue	0930 - 1130
FTC-23/S3/R1/FTC-001	27 May 2024	Mon	0930 - 1130
FTC-23/S3/R2/FTC-002	27 May 2024	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.