

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 19 March 2025, 02:30 pm

Courses in April 2025			
Course Code	Date		Time
FTC-24/S2/R109/FTC-109	1 Apr 2025	Tue	1430 - 1630
FTC-24/S2/R110/FTC-110	1 Apr 2025	Tue	1430 - 1630
FTC-24/S2/R111/FTC-111	2 Apr 2025	Wed	0930 - 1130
FTC-24/S2/R112/FTC-112	2 Apr 2025	Wed	0930 - 1130
FTC-24/S2/R113/FTC-113	3 Apr 2025	Thurs	1430 - 1630
FTC-24/S2/R114/FTC-114	3 Apr 2025	Thurs	1430 - 1630
FTC-24/S2/R115/FTC-115	7 Apr 2025	Mon	0930 - 1130
FTC-24/S2/R116/FTC-116	7 Apr 2025	Mon	0930 - 1130
FTC-24/S2/R117/FTC-117	8 Apr 2025	Tue	1430 - 1630
FTC-24/S2/R118/FTC-118	8 Apr 2025	Tue	1430 - 1630
FTC-24/S2/R119/FTC-119	9 Apr 2025	Wed	0930 - 1130
FTC-24/S2/R120/FTC-120	9 Apr 2025	Wed	0930 - 1130
FTC-24/S2/R121/FTC-121	10 Apr 2025	Thurs	1430 - 1630
FTC-24/S2/R122/FTC-122	10 Apr 2025	Thurs	1430 - 1630
FTC-24/S2/R123/FTC-123	11 Apr 2025	Fri	0930 - 1130
FTC-24/S2/R124/FTC-124	11 Apr 2025	Fri	0930 - 1130
FTC-24/S2/R125/FTC-125	14 Apr 2025	Mon	0930 - 1130
FTC-24/S2/R126/FTC-126	14 Apr 2025	Mon	0930 - 1130
FTC-24/S2/R127/FTC-127	15 Apr 2025	Tue	1430 - 1630
FTC-24/S2/R128/FTC-128	15 Apr 2025	Tue	1430 - 1630
FTC-24/S2/R129/FTC-129	16 Apr 2025	Wed	0930 - 1130
FTC-24/S2/R130/FTC-130	16 Apr 2025	Wed	0930 - 1130
FTC-24/S2/R131/FTC-131	22 Apr 2025	Tue	1430 - 1630
FTC-24/S2/R132/FTC-132	22 Apr 2025	Tue	1430 - 1630
FTC-24/S2/R133/FTC-133	23 Apr 2025	Wed	0930 - 1130
FTC-24/S2/R134/FTC-134	23 Apr 2025	Wed	0930 - 1130

FTC-24/S2/R135/FTC-135	25 Apr 2025	Fri	1430 - 1630
FTC-24/S2/R136/FTC-136	25 Apr 2025	Fri	1430 - 1630
FTC-24/S2/R137/FTC-137	28 Apr 2025	Mon	0930 - 1130
FTC-24/S2/R138/FTC-138	28 Apr 2025	Mon	0930 - 1130
FTC-24/S2/R139/FTC-139	30 Apr 2025	Wed	1430 - 1630
FTC-24/S2/R140/FTC-140	30 Apr 2025	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.