

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 27 November 2024, 02:30 pm

Courses in December 2024			
Course Code	Date		Time
FTC-24/S1/R107/FTC-107	2 Dec 2024	Mon	0930 - 1130
FTC-24/S1/R108/FTC-108	2 Dec 2024	Mon	0930 - 1130
FTC-24/S1/R109/FTC-109	4 Dec 2024	Wed	0930 - 1130
FTC-24/S1/R110/FTC-110	4 Dec 2024	Wed	0930 - 1130
FTC-24/S1/R111/FTC-111	9 Dec 2024	Mon	0930 - 1130
FTC-24/S1/R112/FTC-112	9 Dec 2024	Mon	0930 - 1130
FTC-24/S1/R113/FTC-113	11 Dec 2024	Wed	0930 - 1130
FTC-24/S1/R114/FTC-114	11 Dec 2024	Wed	0930 - 1130
FTC-24/S1/R115/FTC-115	16 Dec 2024	Mon	0930 - 1130
FTC-24/S1/R116/FTC-116	16 Dec 2024	Mon	0930 - 1130
FTC-24/S1/R117/FTC-117	18 Dec 2024	Wed	0930 - 1130
FTC-24/S1/R118/FTC-118	18 Dec 2024	Wed	0930 - 1130
FTC-24/S1/R119/FTC-119	20 Dec 2024	Fri	0930 - 1130
FTC-24/S1/R120/FTC-120	20 Dec 2024	Fri	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.