

## Fitness Training Course (FTC)

**Venue:** Fitness Room X123, Block X Sports Centre

**Date of Application:** 22 January 2025, 02:30 pm

<b>Courses in February 2025</b>			
<b>Course Code</b>	<b>Date</b>		<b>Time</b>
FTC-24/S2/R27/FTC-027	3 Feb 2025	Mon	0930 - 1130
FTC-24/S2/R28/FTC-028	3 Feb 2025	Mon	0930 - 1130
FTC-24/S2/R29/FTC-029	5 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R30/FTC-030	5 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R31/FTC-031	5 Feb 2025	Wed	1430 - 1630
FTC-24/S2/R32/FTC-032	5 Feb 2025	Wed	1430 - 1630
FTC-24/S2/R33/FTC-033	6 Feb 2025	Thurs	1430 - 1630
FTC-24/S2/R34/FTC-034	6 Feb 2025	Thurs	1430 - 1630
FTC-24/S2/R35/FTC-035	7 Feb 2025	Fri	0930 - 1130
FTC-24/S2/R36/FTC-036	7 Feb 2025	Fri	0930 - 1130
FTC-24/S2/R37/FTC-037	11 Feb 2025	Tue	1430 - 1630
FTC-24/S2/R38/FTC-038	11 Feb 2025	Tue	1430 - 1630
FTC-24/S2/R39/FTC-039	12 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R40/FTC-040	12 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R41/FTC-041	12 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R42/FTC-042	12 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R43/FTC-043	13 Feb 2025	Thurs	1430 - 1630
FTC-24/S2/R44/FTC-044	13 Feb 2025	Thurs	1430 - 1630
FTC-24/S2/R45/FTC-045	14 Feb 2025	Fri	0930 - 1130
FTC-24/S2/R46/FTC-046	14 Feb 2025	Fri	0930 - 1130
FTC-24/S2/R47/FTC-047	17 Feb 2025	Mon	0930 - 1130
FTC-24/S2/R48/FTC-048	17 Feb 2025	Mon	0930 - 1130
FTC-24/S2/R49/FTC-049	19 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R50/FTC-050	19 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R51/FTC-051	19 Feb 2025	Wed	1430 - 1630

FTC-24/S2/R52/FTC-052	19 Feb 2025	Wed	1430 - 1630
FTC-24/S2/R53/FTC-053	20 Feb 2025	Thurs	1430 - 1630
FTC-24/S2/R54/FTC-054	20 Feb 2025	Thurs	1430 - 1630
FTC-24/S2/R55/FTC-055	21 Feb 2025	Fri	0930 - 1130
FTC-24/S2/R56/FTC-056	21 Feb 2025	Fri	0930 - 1130
FTC-24/S2/R57/FTC-057	24 Feb 2025	Mon	0930 - 1130
FTC-24/S2/R58/FTC-058	24 Feb 2025	Mon	0930 - 1130
FTC-24/S2/R59/FTC-059	26 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R60/FTC-060	26 Feb 2025	Wed	0930 - 1130
FTC-24/S2/R61/FTC-061	26 Feb 2025	Wed	1430 - 1630
FTC-24/S2/R62/FTC-062	26 Feb 2025	Wed	1430 - 1630
FTC-24/S2/R63/FTC-063	27 Feb 2025	Thurs	1430 - 1630
FTC-24/S2/R64/FTC-064	27 Feb 2025	Thurs	1430 - 1630
FTC-24/S2/R65/FTC-065	28 Feb 2025	Fri	0930 - 1130
FTC-24/S2/R66/FTC-066	28 Feb 2025	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.