

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

Date of Application: 23 December 2024, 02:30 pm

Courses in January 2025			
Course Code	Date		Time
FTC-24/S1/R121/FTC-121	2 Jan 2025	Thu	0930 - 1130
FTC-24/S1/R122/FTC-122	2 Jan 2025	Thu	0930 - 1130
FTC-24/S1/R123/FTC-123	3 Jan 2025	Fri	0930 - 1130
FTC-24/S1/R124/FTC-124	3 Jan 2025	Fri	0930 - 1130
FTC-24/S1/R125/FTC-125	3 Jan 2025	Fri	1430 - 1630
FTC-24/S1/R126/FTC-126	3 Jan 2025	Fri	1430 - 1630
FTC-24/S1/R127/FTC-127	6 Jan 2025	Mon	0930 - 1130
FTC-24/S1/R128/FTC-128	6 Jan 2025	Mon	0930 - 1130
FTC-24/S1/R129/FTC-129	6 Jan 2025	Mon	1430 - 1630
FTC-24/S1/R130/FTC-130	6 Jan 2025	Mon	1430 - 1630
FTC-24/S1/R131/FTC-131	7 Jan 2025	Tue	1430 - 1630
FTC-24/S1/R132/FTC-132	7 Jan 2025	Tue	1430 - 1630
FTC-24/S1/R133/FTC-133	9 Jan 2025	Thurs	0930 - 1130
FTC-24/S1/R134/FTC-134	9 Jan 2025	Thurs	0930 - 1130
FTC-24/S1/R135/FTC-135	10 Jan 2025	Fri	0930 - 1130
FTC-24/S1/R136/FTC-136	10 Jan 2025	Fri	0930 - 1130
FTC-24/S1/R137/FTC-137	10 Jan 2025	Fri	1430 - 1630
FTC-24/S1/R138/FTC-138	10 Jan 2025	Fri	1430 - 1630
FTC-24/S2/R1/FTC-001	13 Jan 2025	Mon	0930 - 1130
FTC-24/S2/R2/FTC-002	13 Jan 2025	Mon	0930 - 1130
FTC-24/S2/R3/FTC-003	13 Jan 2025	Mon	1430 - 1630
FTC-24/S2/R4/FTC-004	13 Jan 2025	Mon	1430 - 1630
FTC-24/S2/R5/FTC-005	15 Jan 2025	Wed	0930 - 1130
FTC-24/S2/R6/FTC-006	15 Jan 2025	Wed	0930 - 1130
FTC-24/S2/R7/FTC-007	15 Jan 2025	Wed	1430 - 1630
FTC-24/S2/R8/FTC-008	15 Jan 2025	Wed	1430 - 1630

FTC-24/S2/R9/FTC-009	16 Jan 2025	Thurs	0930 - 1130
FTC-24/S2/R10/FTC-010	16 Jan 2025	Thurs	0930 - 1130
FTC-24/S2/R11/FTC-011	16 Jan 2025	Thurs	1430 - 1630
FTC-24/S2/R12/FTC-012	16 Jan 2025	Thurs	1430 - 1630
FTC-24/S2/R13/FTC-013	17 Jan 2025	Fri	0930 - 1130
FTC-24/S2/R14/FTC-014	17 Jan 2025	Fri	0930 - 1130
FTC-24/S2/R15/FTC-015	21 Jan 2025	Tue	0930 - 1130
FTC-24/S2/R16/FTC-016	21 Jan 2025	Tue	0930 - 1130
FTC-24/S2/R17/FTC-017	22 Jan 2025	Wed	0930 - 1130
FTC-24/S2/R18/FTC-018	22 Jan 2025	Wed	0930 - 1130
FTC-24/S2/R19/FTC-019	22 Jan 2025	Wed	1430 - 1630
FTC-24/S2/R20/FTC-020	22 Jan 2025	Wed	1430 - 1630
FTC-24/S2/R21/FTC-021	23 Jan 2025	Thurs	1430 - 1630
FTC-24/S2/R22/FTC-022	23 Jan 2025	Thurs	1430 - 1630
FTC-24/S2/R23/FTC-023	24 Jan 2025	Fri	0930 - 1130
FTC-24/S2/R24/FTC-024	24 Jan 2025	Fri	0930 - 1130
FTC-24/S2/R25/FTC-025	24 Jan 2025	Fri	1430 - 1630
FTC-24/S2/R26/FTC-026	24 Jan 2025	Fri	1430 - 1630

Remarks:

*****Please note that the course schedule may be subject to change due to the availability of the instructor. We will provide updates on the status in early January*****

- 1) Attendance will be taken within the first five minutes of class starts.
- 2) Students should put on proper sportswear and sports shoes.