

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

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

Courses in March 2025			
Course Code	Date		Time
FTC-24/S2/R67/FTC-067	3 Mar 2025	Mon	1430 - 1630
FTC-24/S2/R68/FTC-068	3 Mar 2025	Mon	1430 - 1630
FTC-24/S2/R69/FTC-069	4 Mar 2025	Tue	1430 - 1630
FTC-24/S2/R70/FTC-070	4 Mar 2025	Tue	1430 - 1630
FTC-24/S2/R71/FTC-071	5 Mar 2025	Wed	0930 - 1130
FTC-24/S2/R72/FTC-072	5 Mar 2025	Wed	0930 - 1130
FTC-24/S2/R73/FTC-073	5 Mar 2025	Wed	1430 - 1630
FTC-24/S2/R74/FTC-074	5 Mar 2025	Wed	1430 - 1630
FTC-24/S2/R75/FTC-075	6 Mar 2025	Thurs	1430 - 1630
FTC-24/S2/R76/FTC-076	6 Mar 2025	Thurs	1430 - 1630
FTC-24/S2/R77/FTC-077	7 Mar 2025	Fri	0930 - 1130
FTC-24/S2/R78/FTC-078	7 Mar 2025	Fri	0930 - 1130
FTC-24/S2/R79/FTC-079	10 Mar 2025	Mon	1430 - 1630
FTC-24/S2/R80/FTC-080	10 Mar 2025	Mon	1430 - 1630
FTC-24/S2/R81/FTC-081	11 Mar 2025	Tue	1430 - 1630
FTC-24/S2/R82/FTC-082	11 Mar 2025	Tue	1430 - 1630
FTC-24/S2/R83/FTC-083	12 Mar 2025	Wed	0930 - 1130
FTC-24/S2/R84/FTC-084	12 Mar 2025	Wed	0930 - 1130
FTC-24/S2/R85/FTC-085	12 Mar 2025	Wed	1430 - 1630
FTC-24/S2/R86/FTC-086	12 Mar 2025	Wed	1430 - 1630
FTC-24/S2/R87/FTC-087	13 Mar 2025	Thurs	1430 - 1630
FTC-24/S2/R88/FTC-088	13 Mar 2025	Thurs	1430 - 1630
FTC-24/S2/R89/FTC-089	14 Mar 2025	Fri	0930 - 1130
FTC-24/S2/R90/FTC-090	14 Mar 2025	Fri	0930 - 1130
FTC-24/S2/R91/FTC-091	17 Mar 2025	Mon	1430 - 1630
FTC-24/S2/R92/FTC-092	17 Mar 2025	Mon	1430 - 1630

FTC-24/S2/R93/FTC-093	19 Mar 2025	Wed	0930 - 1130
FTC-24/S2/R94/FTC-094	19 Mar 2025	Wed	0930 - 1130
FTC-24/S2/R95/FTC-095	19 Mar 2025	Wed	1430 - 1630
FTC-24/S2/R96/FTC-096	19 Mar 2025	Wed	1430 - 1630
FTC-24/S2/R97/FTC-097	20 Mar 2025	Thurs	1430 - 1630
FTC-24/S2/R98/FTC-098	20 Mar 2025	Thurs	1430 - 1630
FTC-24/S2/R99/FTC-099	21 Mar 2025	Fri	0930 - 1130
FTC-24/S2/R100/FTC-100	21 Mar 2025	Fri	0930 - 1130
FTC-24/S2/R101/FTC-101	26 Mar 2025	Wed	1430 - 1630
FTC-24/S2/R102/FTC-102	26 Mar 2025	Wed	1430 - 1630
FTC-24/S2/R103/FTC-103	27 Mar 2025	Thurs	1430 - 1630
FTC-24/S2/R104/FTC-104	27 Mar 2025	Thurs	1430 - 1630
FTC-24/S2/R105/FTC-105	28 Mar 2025	Fri	0930 - 1130
FTC-24/S2/R106/FTC-106	28 Mar 2025	Fri	0930 - 1130
FTC-24/S2/R107/FTC-107	31 Mar 2025	Mon	1430 - 1630
FTC-24/S2/R108/FTC-108	31 Mar 2025	Mon	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.