

Fitness Training Course (FTC)

Venue: Fitness Room X123, Block X Sports Centre

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

Courses in November 2024			
Course Code	Date		Time
FTC-24/S1/R79/FTC-079	1 Nov 2024	Fri	0930 - 1130
FTC-24/S1/R80/FTC-080	1 Nov 2024	Fri	0930 - 1130
FTC-24/S1/R81/FTC-081	5 Nov 2024	Tue	1430 - 1630
FTC-24/S1/R82/FTC-082	5 Nov 2024	Tue	1430 - 1630
FTC-24/S1/R83/FTC-083	6 Nov 2024	Wed	0930 - 1130
FTC-24/S1/R84/FTC-084	6 Nov 2024	Wed	0930 - 1130
FTC-24/S1/R85/FTC-085	8 Nov 2024	Fri	0930 - 1130
FTC-24/S1/R86/FTC-086	8 Nov 2024	Fri	0930 - 1130
FTC-24/S1/R87/FTC-087	11 Nov 2024	Mon	1430 - 1630
FTC-24/S1/R88/FTC-088	11 Nov 2024	Mon	1430 - 1630
FTC-24/S1/R89/FTC-089	13 Nov 2024	Wed	0930 - 1130
FTC-24/S1/R90/FTC-090	13 Nov 2024	Wed	0930 - 1130
FTC-24/S1/R91/FTC-091	15 Nov 2024	Fri	0930 - 1130
FTC-24/S1/R92/FTC-092	15 Nov 2024	Fri	0930 - 1130
FTC-24/S1/R93/FTC-093	18 Nov 2024	Mon	1430 - 1630
FTC-24/S1/R94/FTC-094	18 Nov 2024	Mon	1430 - 1630
FTC-24/S1/R95/FTC-095	20 Nov 2024	Wed	0930 - 1130
FTC-24/S1/R96/FTC-096	20 Nov 2024	Wed	0930 - 1130
FTC-24/S1/R97/FTC-097	25 Nov 2024	Mon	0930 - 1130
FTC-24/S1/R98/FTC-098	25 Nov 2024	Mon	0930 - 1130
FTC-24/S1/R99/FTC-099	28 Nov 2024	Thurs	0930 - 1130
FTC-24/S1/R100/FTC-100	28 Nov 2024	Thurs	0930 - 1130
FTC-24/S1/R101/FTC-101	28 Nov 2024	Thurs	1430 - 1630
FTC-24/S1/R102/FTC-102	28 Nov 2024	Thurs	1430 - 1630
FTC-24/S1/R103/FTC-103	29 Nov 2024	Fri	0930 - 1130
FTC-24/S1/R104/FTC-104	29 Nov 2024	Fri	0930 - 1130

FTC-24/S1/R105/FTC-105	29 Nov 2024	Fri	1430 - 1630
FTC-24/S1/R106/FTC-106	29 Nov 2024	Fri	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.