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| **Course**  | **Group**  | **Induction date and time** | **Course start date and time**  | **Timetabled (days, start and finish time must be given)** |
| HND Fitness Health and Exercise | N/A | Thursday 14th August 2025 AM 8:30am – 12pm  | Monday 25th August 9am  | Monday 9am – 4pmTuesday 9am – 4pmWednesday 9am – 4pm  |
| HNC Fitness Health and Exercise | A | Tuesday 12th August 2025 PM1.30-4.00pm | Tuesday 26th August 9am | Block 1Tuesday 9am – 4pmWednesday 9am – 4pmThursday 9am – 4pm Block 2Wednesday 9am – 4pmThursday 9am – 4pm Block 3Wednesday 9am – 4pmThursday 9am – 4pm Friday 9am – 12pm  |
| HNC Fitness Health and Exercise | B | Tuesday 12th August 2025 PM1.30-4.00pm | Wednesday 27th August 9am | Block 1Wednesday 9am – 4pmThursday 9am – 4pmFriday 1pm – 4pmBlock 2 & 3Wednesday 9am – 4pmThursday 9am – 4pmFriday 9am – 12pm |
| HNC Coaching | N/A | Tuesday 12th August 2025 AM 8:30am – 12pm | Monday 25th August | Block 1Monday 9am – 4pmTuesday 9am – 4pmWednesday 9am – 4pmBlock 2Monday 9am – 4pmTuesday 9am – 4pmThursday 1pm – 4pm Block 3Monday 9am – 4pmTuesday 9am – 4pmWednesday 9am – 12pmThursday 9am – 12pm  |
| Level 6 Sports Coaching | N/A | Monday 18 August AM 8:30am – 12pm | Wednesday 27th August 9am  | Block 1Wednesday 9am – 4pmThursday 9am – 4pmFriday 9am – 4pmBlock 2Wednesday 9am – 4pmThursday 9am – 4pmFriday 9am – 12pmBlock 3Tuesday 9am – 4pm Wednesday 1pm – 4pmThursday 9am – 4pm  |
| Level 6 Personal Fitness Development | N/A | Monday 18 August AM 8:30am – 12pm | Tuesday 26th August 9am  | Block 1Tuesday 9am – 4pm Wednesday 1pm – 4pm Friday 9am – 4pm Block 2Monday 9am – 4pmTuesday 9am – 4pm Friday 1pm – 4pm Block 3Tuesday 9am – 4pm Wednesday 9am – 4pm Friday 9am – 4pm |
| Level 5 Sport and Fitness | N/A | Tuesday 19 August PM 1.30-4.00pm  | Monday 25th August 9am | Monday - 9am – 4pmTuesday 9am – 4pmThursday 9am – 4pm |
| Uniformed Public Services | N/A | Monday 18 August PM 1.30-4.00pm  | Monday 25th August 9am | Monday 9am – 4pmTuesday 9am – 4pmWednesday 9am – 4pm |