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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 – 4pm  Tuesday 9am – 4pm  Wednesday 9am – 4pm |
| HNC Fitness Health and Exercise | A | Tuesday 12th August 2025 PM  1.30-4.00pm | Tuesday 26th August 9am | Block 1 Tuesday 9am – 4pm  Wednesday 9am – 4pm  Thursday 9am – 4pm  Block 2  Wednesday 9am – 4pm  Thursday 9am – 4pm  Block 3  Wednesday 9am – 4pm  Thursday 9am – 4pm  Friday 9am – 12pm |
| HNC Fitness Health and Exercise | B | Tuesday 12th August 2025 PM  1.30-4.00pm | Wednesday 27th August 9am | Block 1  Wednesday 9am – 4pm  Thursday 9am – 4pm  Friday 1pm – 4pm  Block 2 & 3  Wednesday 9am – 4pm  Thursday 9am – 4pm  Friday 9am – 12pm |
| HNC Coaching | N/A | Tuesday 12th August 2025 AM 8:30am – 12pm | Monday 25th August | Block 1  Monday 9am – 4pm  Tuesday 9am – 4pm  Wednesday 9am – 4pm  Block 2  Monday 9am – 4pm  Tuesday 9am – 4pm  Thursday 1pm – 4pm  Block 3  Monday 9am – 4pm  Tuesday 9am – 4pm  Wednesday 9am – 12pm  Thursday 9am – 12pm |
| Level 6 Sports Coaching | N/A | Monday 18 August AM 8:30am – 12pm | Wednesday 27th August 9am | Block 1  Wednesday 9am – 4pm  Thursday 9am – 4pm  Friday 9am – 4pm  Block 2  Wednesday 9am – 4pm  Thursday 9am – 4pm  Friday 9am – 12pm  Block 3  Tuesday 9am – 4pm  Wednesday 1pm – 4pm  Thursday 9am – 4pm |
| Level 6 Personal Fitness Development | N/A | Monday 18 August AM 8:30am – 12pm | Tuesday 26th August 9am | Block 1  Tuesday 9am – 4pm  Wednesday 1pm – 4pm  Friday 9am – 4pm  Block 2  Monday 9am – 4pm  Tuesday 9am – 4pm  Friday 1pm – 4pm  Block 3  Tuesday 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 – 4pm  Tuesday 9am – 4pm  Thursday 9am – 4pm |
| Uniformed Public Services | N/A | Monday 18 August PM 1.30-4.00pm | Monday 25th August 9am | Monday 9am – 4pm  Tuesday 9am – 4pm  Wednesday 9am – 4pm |