15/02/2027 (Mon)	Nutrition & Performances 營養及運動表現 (APTHK 06) *Class Performance Assessment 課堂表現評核 (APTHK 06)		19:00 – 22:00	A
17/02/2027 (Wed)	**Physical Test 體能考試**		**18:00 – 19:00**	**A**
	Exercise Safety and Injury Prevention 鍛煉的安全性和損傷預防 (APTHK 11)		19:00 – 22:00	A
21/02/2027 (Sun)	Advanced Training Skills for PTs (II) 私人教練專用之高級訓練技巧 (II) (APTHK 04)		09:00 – 12:00	G
25/02/2027 (Thu)	Revision of Resistance Training and Advanced Functional Anatomy for PTs 私人教練專用之抗阻力訓練及功能解剖學綜合回顧 (APTHK 13)		19:00 – 22:00	A1
28/02/2027 (Sun)	Self Directed Learning at Gym 健身室複習 (APTHK 90)		09:00 – 12:00	A1
05/03/2027 (Fri)	**Physical Test 體能考試**		**18:00 – 19:00**	**A**
	Practical Skills for PTs : Communication, Marketing & Business Development 私人教練實踐技巧 : 溝通、業務推廣及商業發展 (APTHK 05) *Class Performance Assessment 課堂表現評核 (APTHK 05)		19:00 – 22:00	A
07/03/2027 (Sun)	**Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1)**		**09:00**	**A1**
12/03/2027 (Fri)	**APT Theory Exam. 高級理論考試 (APTHK A3)**		**19:00 - 21:30**	**A**

A - (16F) 香港鰂魚涌英皇道 1065 號東達中心 16 樓 1603 室 (港鐵太古站 A2 出口)
A1 - (11F) 香港鰂魚涌英皇道 1065 號東達中心 11 樓 1103A 室
G - Gym Center / Training Center

課堂衣著及資料準備 :
APTHK 02 - 穿著輕便衣服，帶備課程手冊
APTHK 03, APTHK 04, APTHK 13, APTHK 90, APTHK A1 - 穿著運動衣服及鞋襪
APTHK 07, APTHK 08, APTHK 91, APTHK A2 - 男：脫上衣及穿著短褲；女：貼身上衣及短褲，帶備課程手冊