

30/06 (Sun)	Advanced Training Skills for PTs (I) 私人教練專用之高級訓練技巧 (I) (APTHK 04)	09:00 – 12:00	G
05/07 (Fri)	Personal Training 101 教練實戰秘訣	18:00 – 22:00	A
12/07 (Fri)	Health & Fitness Assessment and Program Planning 健康體適能評估及計劃安排 (APTHK 02) *Class Performance Assessment 課堂表現評核 (APTHK 02)	18:30 – 22:30	A
14/07 (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
18/07 (Thu)	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
24/07 (Wed)	Physical Test 體能考試 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)	18:00 – 19:00 19:00 – 22:00	A A1
28/07 (Sun)	Self Directed Learning at Gym 健身室複習 (APTHK 90)	09:00 – 12:00	A1
04/08 (Sun)	Practical A Exam of Advanced Training Skills 健身指導技巧實務考試 (APTHK A1)	09:00	A1
08/08 (Thu)	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

課堂衣著準備：

APTHK 02 - 穿著輕便衣服

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：脫上衣及短褲；女：貼身上衣及短褲

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