

Module timetable - Fitness and Conditioning Methods In Practice (Wk 9, wk starting 30/09/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 01/10/2024			Lecture, Wk 9 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: C124 Lecture Theatre										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 10, wk starting 07/10/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 08/10/2024			Lecture, Wk 10 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: B13										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 11, wk starting 14/10/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 15/10/2024			Lecture, Wk 11 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 12, wk starting 21/10/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 22/10/2024			Lecture, Wk 12 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 14, wk starting 04/11/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 05/11/2024			Lecture, Wk 14 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 15, wk starting 11/11/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 12/11/2024			Directed Study, Wk 15 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 16, wk starting 18/11/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 19/11/2024			Lecture, Wk 16 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 17, wk starting 25/11/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 26/11/2024			Lecture, Wk 17 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 18, wk starting 02/12/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 03/12/2024			Lecture, Wk 18 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 19, wk starting 09/12/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 10/12/2024			Online Tutorials, Wk 19 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 21, wk starting 23/12/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
We 25/12/2024	University closed Unavailable, Wk 21												
Thu 26/12/2024	University closed Unavailable, Wk 21												
Fri 27/12/2024	University closed Unavailable, Wk 21												
Sat 28/12/2024	University closed Unavailable, Wk 21												
Sun 29/12/2024	University closed Unavailable, Wk 21												

Module timetable - Fitness and Conditioning Methods In Practice (Wk 22, wk starting 30/12/2024)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 30/12/2024	University closed Unavailable, Wk 22												
Tue 31/12/2024	University closed Unavailable, Wk 22												
We 01/01/2025	University closed Unavailable, Wk 22												

Module timetable - Fitness and Conditioning Methods In Practice (Wk 23, wk starting 06/01/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 07/01/2025			Directed Study, Wk 23 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 24, wk starting 13/01/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 14/01/2025			Lecture, Wk 24 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										

Module timetable - Fitness and Conditioning Methods In Practice (Wk 37, wk starting 14/04/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Fri 18/04/2025	Bank Holiday Unavailable, Wk 37												

Module timetable - Fitness and Conditioning Methods In Practice (Wk 38, wk starting 21/04/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 21/04/2025	Bank Holiday Unavailable, Wk 38												
Tue 22/04/2025	University closed Unavailable, Wk 38												

Module timetable - Fitness and Conditioning Methods In Practice (Wk 40, wk starting 05/05/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 05/05/2025	Bank Holiday Unavailable, Wk 40												

Module timetable - Fitness and Conditioning Methods In Practice (Wk 43, wk starting 26/05/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 26/05/2025	Bank Holiday Unavailable, Wk 43												

Module timetable - Fitness and Conditioning Methods In Practice (Wk 4, wk starting 25/08/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 25/08/2025	Bank Holiday Unavailable, Wk 4												