

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 21, wk starting 22/12/2025)

	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 22/12/2025													
Tu 23/12/2025													
We 24/12/2025													
Th 25/12/2025	University is closed, Wk 21												
Fri 26/12/2025	University is closed, Wk 21												
Sat 27/12/2025	University is closed, Wk 21												
Su 28/12/2025	University is closed, Wk 21												

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 22, wk starting 29/12/2025)

	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 29/12/2025	University is closed, Wk 22												
Tu 30/12/2025	University is closed, Wk 22												
We 31/12/2025	University is closed, Wk 22												
Th 01/01/2026	University is closed, Wk 22												
Fri 02/01/2026													
Sat 03/01/2026													
Su 04/01/2026													

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 24, wk starting 12/01/2026)

	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 12/01/2026													
Tu 13/01/2026													
Wed 14/01/2026			Lecture, Wk 24 Modules: IShort Course (Short Course) <u>HLT430 (Introduction to Wellbeing)</u> Staff: White, Christopher; Wilkinson-Thomas, Rebecca Room: <u>B24</u>										
Thu 15/01/2026			Lecture, Wk 24 Modules: IShort Course (Short Course) <u>HLT430 (Introduction to Wellbeing)</u> Staff: White, Christopher; Wilkinson-Thomas, Rebecca Room: <u>B24</u>										
Friday 16/01/2026			Lecture, Wk 24 Modules: IShort Course (Short Course) <u>HLT430 (Introduction to Wellbeing)</u> Staff: White, Christopher; Wilkinson-Thomas, Rebecca Room: <u>B24</u>										
Sat 17/01/2026													
Su 18/01/2026													

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 35, wk starting 30/03/2026)

	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 30/03/2026													
Tu 31/03/2026													
We 01/04/2026													
Th 02/04/2026													
Fri 03/04/2026	Bank Holiday University is closed, Wk 35												
Sat 04/04/2026	University is closed, Wk 35												
Su 05/04/2026	University is closed, Wk 35												

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 36, wk starting 06/04/2026)

	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 06/04/2026	Bank Holiday University is closed, Wk 36												
Tu 07/04/2026	University is closed, Wk 36												
We 08/04/2026													
Th 09/04/2026													
Fri 10/04/2026													
Sat 11/04/2026													
Su 12/04/2026													

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 40, wk starting 04/05/2026)

	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 04/05/2026	Bank Holiday University is closed, Wk 40												
Tu 05/05/2026													
We 06/05/2026													
Th 07/05/2026													
Fri 08/05/2026													
Sat 09/05/2026													
Su 10/05/2026													

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 42, wk starting 18/05/2026)

	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 18/05/2026													
Tu 19/05/2026													
We 20/05/2026													
Th 21/05/2026													
Friday 22/05/2026			<div>Seminar, Wk 42 Modules: !Short Course (Short Course)HLT430 (Introduction to Wellbeing) Staff: White, Christopher; Wilkinson-Thomas, Rebecca Room: B22</div>										
Sat 23/05/2026													
Su 24/05/2026													

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 43, wk starting 25/05/2026)

	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 25/05/2026	Bank Holiday University is closed, Wk 43												
Tu 26/05/2026													
We 27/05/2026													
Th 28/05/2026													
Friday 29/05/2026			Seminar, Wk 43 Modules: !Short Course (Short Course) HLT430 (Introduction to Wellbeing) Staff: White, Christopher; Wilkinson-Thomas, Rebecca Room: B22										
Sat 30/05/2026													
Su 31/05/2026													

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 44, wk starting 01/06/2026)

	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 01/06/2026													
Tu 02/06/2026													
We 03/06/2026													
Th 04/06/2026													
Friday 05/06/2026			Seminar, Wk 44 Modules: !Short Course (Short Course) HLT430 (Introduction to Wellbeing) Staff: White, Christopher; Wilkinson-Thomas, Rebecca Room: B22										
Sat 06/06/2026													
Su 07/06/2026													

Wrexham University Academic Timetables

Group timetable - Introduction to Wellbeing short course - Jan 26 Cohort (Wk 5, wk starting 31/08/2026)

	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 31/08/2026	Bank Holiday University is closed, Wk 5												
Tu 01/09/2026													
We 02/09/2026													
Th 03/09/2026													
Fri 04/09/2026													
Sat 05/09/2026													
Su 06/09/2026													