

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (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

Module timetable - Strength Training Exercise Physiology Principles (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

Module timetable - Strength Training Exercise Physiology Principles (Wk 26, wk starting 26/01/2026)

	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 26/01/2026													
Tu 27/01/2026													
We 28/01/2026													
Thursday 29/01/2026			Lecture, 10:00AM-11:30AM, Wk 26 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard Room: K04 - Teams Meeting Room										
Fri 30/01/2026													
Sat 31/01/2026													
Su 01/02/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 27, wk starting 02/02/2026)

	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 02/02/2026													
Tu 03/02/2026													
We 04/02/2026													
Thursday 05/02/2026			Lecture, 10:00AM-11:30AM, Wk 27 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard Room: K04 - Teams Meeting Room										
Fri 06/02/2026													
Sat 07/02/2026													
Su 08/02/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 28, wk starting 09/02/2026)

	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 09/02/2026													
Tu 10/02/2026													
We 11/02/2026													
Thursday 12/02/2026			Lecture, 10:00AM-11:30AM, Wk 28 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard Room: K04 - Teams Meeting Room										
Fri 13/02/2026													
Sat 14/02/2026													
Su 15/02/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 29, wk starting 16/02/2026)

	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
Monday 16/02/2026						Practical, Wk 29 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Arczewski, Amadeusz; Lewis1, Richard Rooms: K - Biomechanics Lab ; M101 (Sports Lab)							
Tuesday 17/02/2026		Practical, Wk 29 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101 (Sports Lab)				Practical, Wk 29 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: K - Biomechanics Lab							
We 18/02/2026													
Th 19/02/2026													
Fri 20/02/2026													
Sat 21/02/2026													
Su 22/02/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 30, wk starting 23/02/2026)

	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 23/02/2026													
Tu 24/02/2026													
We 25/02/2026													
Thursday 26/02/2026			Lecture, 10:00AM-11:30AM, Wk 30 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard Room: K04 - Teams Meeting Room										
Fri 27/02/2026													
Sat 28/02/2026													
Su 01/03/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 31, wk starting 02/03/2026)

	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 02/03/2026													
Tu 03/03/2026													
We 04/03/2026													
Thursday 05/03/2026			Lecture, 10:00AM-11:30AM, Wk 31 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard Room: K04 - Teams Meeting Room										
Fri 06/03/2026													
Sat 07/03/2026													
Su 08/03/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 32, wk starting 09/03/2026)

	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 09/03/2026													
Tu 10/03/2026													
We 11/03/2026													
Thursday 12/03/2026			Lecture, 10:00AM-11:30AM, Wk 32 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard Room: K04 - Teams Meeting Room										
Fri 13/03/2026													
Sat 14/03/2026													
Su 15/03/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 33, wk starting 16/03/2026)

	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 16/03/2026													
Tu 17/03/2026													
We 18/03/2026													
Thursday 19/03/2026			Lecture, 10: 00AM-11:30AM, Wk 33 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard Room: <u>K04 - Teams Meeting Room</u>										
Fri 20/03/2026													
Sat 21/03/2026													
Su 22/03/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 34, wk starting 23/03/2026)

	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 23/03/2026													
Tu 24/03/2026													
We 25/03/2026													
Thursday 26/03/2026			Lecture, 10:00AM-11:30AM, Wk 34 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard Room: K04 - Teams Meeting Room										
Fri 27/03/2026													
Sat 28/03/2026													
Su 29/03/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (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

Module timetable - Strength Training Exercise Physiology Principles (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
Module timetable - Strength Training Exercise Physiology Principles (Wk 37, wk starting 13/04/2026)

	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 13/04/2026													
Tu 14/04/2026													
We 15/04/2026													
Thursday 16/04/2026			Online Tutorials, 10:00AM-11:30AM, Wk 37 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard										
Fri 17/04/2026													
Sat 18/04/2026													
Su 19/04/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 38, wk starting 20/04/2026)

	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 20/04/2026													
Tu 21/04/2026													
We 22/04/2026													
Thursday 23/04/2026			Online Tutorials, 10:00AM-11:30AM, Wk 38 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard										
Fri 24/04/2026													
Sat 25/04/2026													
Su 26/04/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (Wk 39, wk starting 27/04/2026)

	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 27/04/2026													
Tu 28/04/2026													
We 29/04/2026													
Thursday 30/04/2026			Online Tutorials, 10:00AM-11:30AM, Wk 39 Module: SPT707 (Strength Training Exercise Physiology Principles) Staff: Lewis1, Richard										
Fri 01/05/2026													
Sat 02/05/2026													
Su 03/05/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (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

Module timetable - Strength Training Exercise Physiology Principles (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													
Fri 29/05/2026													
Sat 30/05/2026													
Su 31/05/2026													

Wrexham University Academic Timetables

Module timetable - Strength Training Exercise Physiology Principles (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													