

Wrexham University Academic Timetables

Module timetable - Fitness and Conditioning Methods In Practice (Wk 9, wk starting 29/09/2025)

	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 29/09/2025													
Tuesday 30/09/2025			Lecture, Wk 9 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: K217										
We 01/10/2025													
Th 02/10/2025													
Fri 03/10/2025													
Sat 04/10/2025													
Su 05/10/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 10, wk starting 06/10/2025)

	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 06/10/2025													
Tuesday 07/10/2025			Lecture, Wk 10 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										
We 08/10/2025													
Th 09/10/2025													
Fri 10/10/2025													
Sat 11/10/2025													
Su 12/10/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 11, wk starting 13/10/2025)

	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 13/10/2025													
Tuesday 14/10/2025			Lecture, Wk 11 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										
We 15/10/2025													
Th 16/10/2025													
Fri 17/10/2025													
Sat 18/10/2025													
Su 19/10/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 12, wk starting 20/10/2025)

	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 20/10/2025													
Tuesday 21/10/2025			Lecture, Wk 12 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										
We 22/10/2025													
Th 23/10/2025													
Fri 24/10/2025													
Sat 25/10/2025													
Su 26/10/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 14, wk starting 03/11/2025)

	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 03/11/2025													
Tuesday 04/11/2025			Lecture, Wk 14 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										
We 05/11/2025													
Th 06/11/2025													
Fri 07/11/2025													
Sat 08/11/2025													
Su 09/11/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 15, wk starting 10/11/2025)

	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 10/11/2025													
Tuesday 11/11/2025			Lecture, Wk 15 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										
We 12/11/2025													
Th 13/11/2025													
Fri 14/11/2025													
Sat 15/11/2025													
Su 16/11/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 16, wk starting 17/11/2025)

	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 17/11/2025													
Tuesday 18/11/2025			<div>Directed Study, Wk 16</div> <div>Module: SES505 (Fitness and Conditioning Methods In Practice)</div> <div>Staff: Hughes, Jonathan</div>										
We 19/11/2025													
Th 20/11/2025													
Fri 21/11/2025													
Sat 22/11/2025													
Su 23/11/2025													

Wrexham University Academic Timetables

Module timetable - Fitness and Conditioning Methods In Practice (Wk 17, wk starting 24/11/2025)

	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 24/11/2025													
Tuesday 25/11/2025			Lecture, Wk 17 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										
We 26/11/2025													
Th 27/11/2025													
Fri 28/11/2025													
Sat 29/11/2025													
Su 30/11/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 18, wk starting 01/12/2025)

	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 01/12/2025													
Tuesday 02/12/2025			Lecture, Wk 18 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: Colliers Park										
We 03/12/2025													
Th 04/12/2025													
Fri 05/12/2025													
Sat 06/12/2025													
Su 07/12/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 19, wk starting 08/12/2025)

	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 08/12/2025													
Tuesday 09/12/2025			<div>Online Tutorials, Wk 19</div> <div>Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan</div>										
We 10/12/2025													
Th 11/12/2025													
Fri 12/12/2025													
Sat 13/12/2025													
Su 14/12/2025													

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Module timetable - Fitness and Conditioning Methods In Practice (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												

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Module timetable - Fitness and Conditioning Methods In Practice (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													

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Module timetable - Fitness and Conditioning Methods In Practice (Wk 23, wk starting 05/01/2026)

	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 05/01/2026													
Tuesday 06/01/2026			Directed Study, Wk 23 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan										
We 07/01/2026													
Th 08/01/2026													
Fri 09/01/2026													
Sat 10/01/2026													
Su 11/01/2026													

Wrexham University Academic Timetables

Module timetable - Fitness and Conditioning Methods In Practice (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													
Tuesday 13/01/2026			Lecture, Wk 24 Module: SES505 (Fitness and Conditioning Methods In Practice) Staff: Hughes, Jonathan Room: <u>Colliers Park</u>										
We 14/01/2026													
Th 15/01/2026													
Fri 16/01/2026													
Sat 17/01/2026													
Su 18/01/2026													

Wrexham University Academic Timetables

Module timetable - Fitness and Conditioning Methods In Practice (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												

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Module timetable - Fitness and Conditioning Methods In Practice (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													

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Module timetable - Fitness and Conditioning Methods In Practice (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 - Fitness and Conditioning Methods In Practice (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 - Fitness and Conditioning Methods In Practice (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													