

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 21, wk starting 21/12/2026)

|                   | 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<br>21/12/2026  |                                             |         |         |         |                             |         |         |         |         |         |         |         |         |
| Tu<br>22/12/2026  |                                             |         |         |         |                             |         |         |         |         |         |         |         |         |
| We<br>23/12/2026  |                                             |         |         |         |                             |         |         |         |         |         |         |         |         |
| Th<br>24/12/2026  |                                             |         |         |         | University is closed, Wk 21 |         |         |         |         |         |         |         |         |
| Fri<br>25/12/2026 | Bank Holiday<br>University is closed, Wk 21 |         |         |         |                             |         |         |         |         |         |         |         |         |
| Sat<br>26/12/2026 | University is closed, Wk 21                 |         |         |         |                             |         |         |         |         |         |         |         |         |
| Su<br>27/12/2026  | University is closed, Wk 21                 |         |         |         |                             |         |         |         |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 22, wk starting 28/12/2026)

|                          | 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 |
|--------------------------|---------------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>Mo</b><br>28/12/2026  | Bank Holiday<br>University is closed, Wk 22 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Tu</b><br>29/12/2026  | University is closed, Wk 22                 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>We</b><br>30/12/2026  | University is closed, Wk 22                 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Th</b><br>31/12/2026  | University is closed, Wk 22                 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Fri</b><br>01/01/2027 | Bank Holiday<br>University is closed, Wk 22 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Sat</b><br>02/01/2027 | University is closed, Wk 22                 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Su</b><br>03/01/2027  | University is closed, Wk 22                 |         |         |         |         |         |         |         |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 26, wk starting 25/01/2027)

|                      | 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<br>25/01/2027 |         |         |         |         |         |         |         | Lecture,<br>Wk 26<br><br>Module:<br>SPT445<br>(Fitness<br>and<br>Conditioni<br>ng for<br>Sport)<br>Staff:<br>Arczewski,<br>Amadeusz<br>; Hughes,<br>Jonathan<br>Rooms:<br>K01; S01 -<br>Biomecha<br>nics Lab | Seminar, Wk 26<br><br>Module: SPT445<br>(Fitness and<br>Conditioning for Sport)<br>Staff: Arczewski,<br>Amadeusz; Hughes,<br>Jonathan<br>Rooms: K01; S01 -<br>Biomechanics Lab |         |         |         |         |
| Tu<br>26/01/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| We<br>27/01/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Th<br>28/01/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Fri<br>29/01/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Sat<br>30/01/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Su<br>31/01/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 27, wk starting 01/02/2027)

|                      | 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<br>01/02/2027 |         |         |         |         |         |         |         | Lecture,<br>Wk 27<br><br>Module:<br>SPT445<br>(Fitness<br>and<br>Conditioni<br>ng for<br>Sport)<br>Staff:<br>Arczewski,<br>Amadeusz<br>; Hughes,<br>Jonathan<br>Rooms:<br>K01; S01 -<br>Biomecha<br>nics Lab | Seminar, Wk 27<br><br>Module: SPT445<br>(Fitness and<br>Conditioning for Sport)<br>Staff: Arczewski,<br>Amadeusz; Hughes,<br>Jonathan<br>Rooms: K01; S01 -<br>Biomechanics Lab |         |         |         |         |
| Tu<br>02/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| We<br>03/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Th<br>04/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Fri<br>05/02/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Sat<br>06/02/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Su<br>07/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 29, wk starting 15/02/2027)

|                      | 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<br>15/02/2027 |         |         |         |         |         |         |         | Lecture, Wk 29<br>Module: SPT445 (Fitness and Conditioning for Sport)<br>Staff: Arczewski, Amadeusz ; Hughes, Jonathan<br>Rooms: K01; S01 - Biomechanics Lab | Seminar, Wk 29<br>Module: SPT445 (Fitness and Conditioning for Sport)<br>Staff: Arczewski, Amadeusz; Hughes, Jonathan<br>Rooms: K01; S01 - Biomechanics Lab |         |         |         |         |
| Tu<br>16/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                              |                                                                                                                                                             |         |         |         |         |
| We<br>17/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                              |                                                                                                                                                             |         |         |         |         |
| Th<br>18/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                              |                                                                                                                                                             |         |         |         |         |
| Fri<br>19/02/2027    |         |         |         |         |         |         |         |                                                                                                                                                              |                                                                                                                                                             |         |         |         |         |
| Sat<br>20/02/2027    |         |         |         |         |         |         |         |                                                                                                                                                              |                                                                                                                                                             |         |         |         |         |
| Su<br>21/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                              |                                                                                                                                                             |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 30, wk starting 22/02/2027)

|                      | 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<br>22/02/2027 |         |         |         |         |         |         |         | Lecture,<br>Wk 30<br><br>Module:<br>SPT445<br>(Fitness<br>and<br>Conditioni<br>ng for<br>Sport)<br>Staff:<br>Arczewski,<br>Amadeusz<br>; Hughes,<br>Jonathan<br>Rooms:<br>K01; S01 -<br>Biomecha<br>nics Lab | Seminar, Wk 30<br><br>Module: SPT445<br>(Fitness and<br>Conditioning for Sport)<br>Staff: Arczewski,<br>Amadeusz; Hughes,<br>Jonathan<br>Rooms: K01; S01 -<br>Biomechanics Lab |         |         |         |         |
| Tu<br>23/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| We<br>24/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Th<br>25/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Fri<br>26/02/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Sat<br>27/02/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Su<br>28/02/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 31, wk starting 01/03/2027)

|                      | 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<br>01/03/2027 |         |         |         |         |         |         |         | Lecture,<br>Wk 31<br><br>Module:<br>SPT445<br>(Fitness<br>and<br>Conditioni<br>ng for<br>Sport)<br>Staff:<br>Arczewski,<br>Amadeusz<br>; Hughes,<br>Jonathan<br>Rooms:<br>K01; S01 -<br>Biomecha<br>nics Lab | Seminar, Wk 31<br><br>Module: SPT445<br>(Fitness and<br>Conditioning for Sport)<br>Staff: Arczewski,<br>Amadeusz; Hughes,<br>Jonathan<br>Rooms: K01; S01 -<br>Biomechanics Lab |         |         |         |         |
| Tu<br>02/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| We<br>03/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Th<br>04/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Fri<br>05/03/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Sat<br>06/03/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Su<br>07/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 32, wk starting 08/03/2027)

|                      | 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<br>08/03/2027 |         |         |         |         |         |         |         | Lecture,<br>Wk 32<br><br>Module:<br>SPT445<br>(Fitness<br>and<br>Conditioni<br>ng for<br>Sport)<br>Staff:<br>Arczewski,<br>Amadeusz<br>; Hughes,<br>Jonathan<br>Rooms:<br>K01; S01 -<br>Biomecha<br>nics Lab | Seminar, Wk 32<br><br>Module: SPT445<br>(Fitness and<br>Conditioning for Sport)<br>Staff: Arczewski,<br>Amadeusz; Hughes,<br>Jonathan<br>Rooms: K01; S01 -<br>Biomechanics Lab |         |         |         |         |
| Tu<br>09/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| We<br>10/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Th<br>11/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Fri<br>12/03/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Sat<br>13/03/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Su<br>14/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 33, wk starting 15/03/2027)

|                      | 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<br>15/03/2027 |         |         |         |         |         |         |         | Lecture,<br>Wk 33<br><br>Module:<br>SPT445<br>(Fitness<br>and<br>Conditioni<br>ng for<br>Sport)<br>Staff:<br>Arczewski,<br>Amadeusz<br>; Hughes,<br>Jonathan<br>Rooms:<br>K01; S01 -<br>Biomecha<br>nics Lab | Seminar, Wk 33<br><br>Module: SPT445<br>(Fitness and<br>Conditioning for Sport)<br>Staff: Arczewski,<br>Amadeusz; Hughes,<br>Jonathan<br>Rooms: K01; S01 -<br>Biomechanics Lab |         |         |         |         |
| Tu<br>16/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| We<br>17/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Th<br>18/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Fri<br>19/03/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Sat<br>20/03/2027    |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |
| Su<br>21/03/2027     |         |         |         |         |         |         |         |                                                                                                                                                                                                              |                                                                                                                                                                                |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 34, wk starting 22/03/2027)

|                   | 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<br>22/03/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| Tu<br>23/03/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| We<br>24/03/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| Th<br>25/03/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| Fri<br>26/03/2027 | Bank Holiday<br>University is closed, Wk 34 |         |         |         |         |         |         |         |         |         |         |         |         |
| Sat<br>27/03/2027 | University is closed, Wk 34                 |         |         |         |         |         |         |         |         |         |         |         |         |
| Su<br>28/03/2027  | University is closed, Wk 34                 |         |         |         |         |         |         |         |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 35, wk starting 29/03/2027)

|                          | 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 |
|--------------------------|---------------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>Mo</b><br>29/03/2027  | Bank Holiday<br>University is closed, Wk 35 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Tu</b><br>30/03/2027  | University is closed, Wk 35                 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>We</b><br>31/03/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Th</b><br>01/04/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Fri</b><br>02/04/2027 |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Sat</b><br>03/04/2027 |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Su</b><br>04/04/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 36, wk starting 05/04/2027)

|                      | 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<br>05/04/2027 |         |         |         |         |         |         |         | Online Tutorials, Wk 36<br>Module: SPT445 (Fitness and Conditioning for Sport)<br>Staff: Hughes, Jonathan |         |         |         |         |         |
| Tu<br>06/04/2027     |         |         |         |         |         |         |         |                                                                                                           |         |         |         |         |         |
| We<br>07/04/2027     |         |         |         |         |         |         |         |                                                                                                           |         |         |         |         |         |
| Th<br>08/04/2027     |         |         |         |         |         |         |         |                                                                                                           |         |         |         |         |         |
| Fri<br>09/04/2027    |         |         |         |         |         |         |         |                                                                                                           |         |         |         |         |         |
| Sat<br>10/04/2027    |         |         |         |         |         |         |         |                                                                                                           |         |         |         |         |         |
| Su<br>11/04/2027     |         |         |         |         |         |         |         |                                                                                                           |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 37, wk starting 12/04/2027)

|                      | 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<br>12/04/2027 |         |         |         |         |         | Practical, Wk 37<br>Module: SPT445 (Fitness and Conditioning for Sport)<br>Staff: Arczewski, Amadeusz; Hughes, Jonathan<br>Rooms: K02; <u>S01 - Biomechanics Lab</u> |         |         |         |         |         |         |         |
| Tu<br>13/04/2027     |         |         |         |         |         |                                                                                                                                                                      |         |         |         |         |         |         |         |
| We<br>14/04/2027     |         |         |         |         |         |                                                                                                                                                                      |         |         |         |         |         |         |         |
| Th<br>15/04/2027     |         |         |         |         |         |                                                                                                                                                                      |         |         |         |         |         |         |         |
| Fri<br>16/04/2027    |         |         |         |         |         |                                                                                                                                                                      |         |         |         |         |         |         |         |
| Sat<br>17/04/2027    |         |         |         |         |         |                                                                                                                                                                      |         |         |         |         |         |         |         |
| Su<br>18/04/2027     |         |         |         |         |         |                                                                                                                                                                      |         |         |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 38, wk starting 19/04/2027)

|                      | 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<br>19/04/2027 |         |         |         |         |         | Practical, Wk 38<br>Module: SPT445 (Fitness and Conditioning for Sport)<br>Staff: Arczewski, Amadeusz; Hughes, Jonathan<br>Room: Sport Centre (Hall) |         |         |         |         |         |         |         |
| Tu<br>20/04/2027     |         |         |         |         |         |                                                                                                                                                      |         |         |         |         |         |         |         |
| We<br>21/04/2027     |         |         |         |         |         |                                                                                                                                                      |         |         |         |         |         |         |         |
| Th<br>22/04/2027     |         |         |         |         |         |                                                                                                                                                      |         |         |         |         |         |         |         |
| Fri<br>23/04/2027    |         |         |         |         |         |                                                                                                                                                      |         |         |         |         |         |         |         |
| Sat<br>24/04/2027    |         |         |         |         |         |                                                                                                                                                      |         |         |         |         |         |         |         |
| Su<br>25/04/2027     |         |         |         |         |         |                                                                                                                                                      |         |         |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 40, wk starting 03/05/2027)

|                          | 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 |
|--------------------------|---------------------------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| <b>Mo</b><br>03/05/2027  | Bank Holiday<br>University is closed, Wk 40 |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Tu</b><br>04/05/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>We</b><br>05/05/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Th</b><br>06/05/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Fri</b><br>07/05/2027 |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Sat</b><br>08/05/2027 |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| <b>Su</b><br>09/05/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 44, wk starting 31/05/2027)

|                   | 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<br>31/05/2027  | Bank Holiday<br>University is closed, Wk 44 |         |         |         |         |         |         |         |         |         |         |         |         |
| Tu<br>01/06/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| We<br>02/06/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| Th<br>03/06/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| Fri<br>04/06/2027 |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| Sat<br>05/06/2027 |                                             |         |         |         |         |         |         |         |         |         |         |         |         |
| Su<br>06/06/2027  |                                             |         |         |         |         |         |         |         |         |         |         |         |         |

# Wrexham University Academic Timetables

## Module timetable - Fitness and Conditioning for Sport (Wk 5, wk starting 30/08/2027)

|                   | 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<br>30/08/2027  | Bank Holiday<br>University is closed, Wk 5 |         |         |         |         |         |         |         |         |         |         |         |         |
| Tu<br>31/08/2027  |                                            |         |         |         |         |         |         |         |         |         |         |         |         |
| We<br>01/09/2027  |                                            |         |         |         |         |         |         |         |         |         |         |         |         |
| Th<br>02/09/2027  |                                            |         |         |         |         |         |         |         |         |         |         |         |         |
| Fri<br>03/09/2027 |                                            |         |         |         |         |         |         |         |         |         |         |         |         |
| Sat<br>04/09/2027 |                                            |         |         |         |         |         |         |         |         |         |         |         |         |
| Su<br>05/09/2027  |                                            |         |         |         |         |         |         |         |         |         |         |         |         |