

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 9, wk starting 28/09/2026)

	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 28/09/2026													
Tu 29/09/2026													
We 30/09/2026													
Thu 01/10/2026						Lecture, Wk 9 Module: COU623 (Mindfulness) Staff: TBC Room: B15							
Fri 02/10/2026													
Sat 03/10/2026													
Su 04/10/2026													

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Module timetable - Mindfulness (Wk 10, wk starting 05/10/2026)

	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 05/10/2026													
Tu 06/10/2026													
We 07/10/2026													
Thu 08/10/2026						Lecture, Wk 10 Module: COU623 (Mindfulness) Staff: TBC Room: B15							
Fri 09/10/2026													
Sat 10/10/2026													
Su 11/10/2026													

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Module timetable - Mindfulness (Wk 11, wk starting 12/10/2026)

	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 12/10/2026													
Tu 13/10/2026													
We 14/10/2026													
Thu 15/10/2026						Lecture, Wk 11 Module: COU623 (Mindfulness) Staff: TBC Room: B15							
Fri 16/10/2026													
Sat 17/10/2026													
Su 18/10/2026													

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Module timetable - Mindfulness (Wk 12, wk starting 19/10/2026)

	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 19/10/2026													
Tu 20/10/2026													
We 21/10/2026													
Thu 22/10/2026						Lecture, Wk 12 Module: COU623 (Mindfulness) Staff: TBC Room: K216							
Fri 23/10/2026													
Sat 24/10/2026													
Su 25/10/2026													

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 14, wk starting 02/11/2026)

	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 02/11/2026													
Tu 03/11/2026													
We 04/11/2026													
Thu 05/11/2026						Lecture, Wk 14 Module: COU623 (Mindfulness) Staff: TBC Room: K216							
Fri 06/11/2026													
Sat 07/11/2026													
Su 08/11/2026													

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 15, wk starting 09/11/2026)

	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 09/11/2026													
Tu 10/11/2026													
We 11/11/2026													
Thu 12/11/2026						Lecture, Wk 15 Module: COU623 (Mindfulness) Staff: TBC Room: K216							
Fri 13/11/2026													
Sat 14/11/2026													
Su 15/11/2026													

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 16, wk starting 16/11/2026)

	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 16/11/2026													
Tu 17/11/2026													
We 18/11/2026													
Thu 19/11/2026						Lecture, Wk 16 Module: COU623 (Mindfulness) Staff: TBC Room: K216							
Fri 20/11/2026													
Sat 21/11/2026													
Su 22/11/2026													

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 17, wk starting 23/11/2026)

	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 23/11/2026													
Tu 24/11/2026													
We 25/11/2026													
Thu 26/11/2026						Lecture, Wk 17 Module: COU623 (Mindfulness) Staff: TBC Room: K216							
Fri 27/11/2026													
Sat 28/11/2026													
Su 29/11/2026													

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 18, wk starting 30/11/2026)

	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 30/11/2026													
Tu 01/12/2026													
We 02/12/2026													
Thu 03/12/2026						Lecture, Wk 18 Module: COU623 (Mindfulness) Staff: TBC Room: K216							
Fri 04/12/2026													
Sat 05/12/2026													
Su 06/12/2026													

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 19, wk starting 07/12/2026)

	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 07/12/2026													
Tu 08/12/2026													
We 09/12/2026													
Thu 10/12/2026						Lecture, Wk 19 Module: COU623 (Mindfulness) Staff: TBC Room: K216							
Fri 11/12/2026													
Sat 12/12/2026													
Su 13/12/2026													

Wrexham University Academic Timetables

Module timetable - Mindfulness (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 21/12/2026													
Tu 22/12/2026													
We 23/12/2026													
Th 24/12/2026					University is closed, Wk 21								
Fri 25/12/2026	Bank Holiday University is closed, Wk 21												
Sat 26/12/2026	University is closed, Wk 21												
Su 27/12/2026	University is closed, Wk 21												

Wrexham University Academic Timetables

Module timetable - Mindfulness (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
Mo 28/12/2026	Bank Holiday University is closed, Wk 22												
Tu 29/12/2026	University is closed, Wk 22												
We 30/12/2026	University is closed, Wk 22												
Th 31/12/2026	University is closed, Wk 22												
Fri 01/01/2027	Bank Holiday University is closed, Wk 22												
Sat 02/01/2027	University is closed, Wk 22												
Su 03/01/2027	University is closed, Wk 22												

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 23, wk starting 04/01/2027)

	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
Mo 04/01/2027													
Tu 05/01/2027													
We 06/01/2027													
Thu 07/01/2027						Lecture, Wk 23 Module: COU623 (Mindfulness) Staff: TBC Room: B15							
Fri 08/01/2027													
Sat 09/01/2027													
Su 10/01/2027													

Wrexham University Academic Timetables

Module timetable - Mindfulness (Wk 24, wk starting 11/01/2027)

	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
Mo 11/01/2027													
Tu 12/01/2027													
We 13/01/2027													
Thu 14/01/2027						Lecture, Wk 24 Module: COU623 (Mindfulness) Staff: TBC Room: B15							
Fri 15/01/2027													
Sat 16/01/2027													
Su 17/01/2027													

Wrexham University Academic Timetables

Module timetable - Mindfulness (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 22/03/2027													
Tu 23/03/2027													
We 24/03/2027													
Th 25/03/2027													
Fri 26/03/2027	Bank Holiday University is closed, Wk 34												
Sat 27/03/2027	University is closed, Wk 34												
Su 28/03/2027	University is closed, Wk 34												

Wrexham University Academic Timetables

Module timetable - Mindfulness (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
Mo 29/03/2027	Bank Holiday University is closed, Wk 35												
Tu 30/03/2027	University is closed, Wk 35												
We 31/03/2027													
Th 01/04/2027													
Fri 02/04/2027													
Sat 03/04/2027													
Su 04/04/2027													

Wrexham University Academic Timetables

Module timetable - Mindfulness (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
Mo 03/05/2027	Bank Holiday University is closed, Wk 40												
Tu 04/05/2027													
We 05/05/2027													
Th 06/05/2027													
Fri 07/05/2027													
Sat 08/05/2027													
Su 09/05/2027													

Wrexham University Academic Timetables

Module timetable - Mindfulness (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 31/05/2027	Bank Holiday University is closed, Wk 44												
Tu 01/06/2027													
We 02/06/2027													
Th 03/06/2027													
Fri 04/06/2027													
Sat 05/06/2027													
Su 06/06/2027													

Wrexham University Academic Timetables

Module timetable - Mindfulness (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 30/08/2027	Bank Holiday University is closed, Wk 5												
Tu 31/08/2027													
We 01/09/2027													
Th 02/09/2027													
Fri 03/09/2027													
Sat 04/09/2027													
Su 05/09/2027													