

Wrexham University Academic Timetables

Module timetable - Fitness and Conditioning Methods In Practice (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 - Fitness and Conditioning Methods In Practice (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 - Fitness and Conditioning Methods In Practice (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
Mo 25/01/2027													
Tuesday 26/01/2027						Lecture, Wk 26 Modules: SES505 (Fitness and Conditioning Methods In Practice); SPT547 (Fitness & Conditioning Methods in Practice) Staff: Hughes, Jonathan Room: <u>S01 - Biomechanics Lab</u>							
We 27/01/2027													
Th 28/01/2027													
Fri 29/01/2027													
Sat 30/01/2027													
Su 31/01/2027													

Wrexham University Academic Timetables

Module timetable - Fitness and Conditioning Methods In Practice (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 - Fitness and Conditioning Methods In Practice (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 - Fitness and Conditioning Methods In Practice (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
Mo 05/04/2027													
Tuesday 06/04/2027						Online Tutorials, Wk 36 Modules: SES505 (Fitness and Conditioning Methods In Practice); SPT547 (Fitness & Conditioning Methods in Practice) Staff: Hughes, Jonathan							
We 07/04/2027													
Th 08/04/2027													
Fri 09/04/2027													
Sat 10/04/2027													
Su 11/04/2027													

Module timetable - Fitness and Conditioning Methods In Practice (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
Mo 12/04/2027													
Tuesday 13/04/2027						Lecture, Wk 37 Modules: SES505 (Fitness and Conditioning Methods In Practice); SPT547 (Fitness & Conditioning Methods in Practice) Staff: Arczewski, Amadeusz; Hughes, Jonathan Rooms: M303; S01 - Biomechanics Lab							
We 14/04/2027													
Th 15/04/2027													
Fri 16/04/2027													
Sat 17/04/2027													
Su 18/04/2027													

Module timetable - Fitness and Conditioning Methods In Practice (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
Mo 19/04/2027													
Tuesday 20/04/2027						Lecture, Wk 38 Modules: SES505 (Fitness and Conditioning Methods In Practice); SPT547 (Fitness & Conditioning Methods in Practice) Staff: Arczewski, Amadeusz; Hughes, Jonathan Rooms: M303; S01 - Biomechanics Lab							
We 21/04/2027													
Th 22/04/2027													
Fri 23/04/2027													
Sat 24/04/2027													
Su 25/04/2027													

Wrexham University Academic Timetables

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