

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (Wk 8, wk starting 21/09/2026)

	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
Monday 21/09/2026				Programme Introduction Induction, Wk 8 Staff: Arczewski, Amadeusz ; Ferrari, Julian; King, Tom Room: M101									
Tuesday 22/09/2026							Introduction to Gym & EF Qualificati on Induction, Wk 8 Staff: Arczewski, Amadeusz ; Batty, Chelsea; Hughes, Jonathan Room: M101	Health Screening/lab inductions Induction, Wk 8 Staff: Arczewski, Amadeusz; Batty, Chelsea; Lewis1, Richard Room: M101					

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (Wk 8, wk starting 21/09/2026)

	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
Wednesday 23/09/2026				Sports lab Inductions Induction, 11:30AM-01:00PM, Wk 8 Staff: Arczewski, Amadeusz; Batty, Chelsea; O'Donnell, Victoria Room: M101		Lab Inductions, health screening Induction, 01:00PM-02:30PM, Wk 8 Staff: Arczewski, Amadeusz; Batty, Chelsea Room: M101		Sports lab Inductions Mandatory Training, 02:30PM-04:00PM, Wk 8 Staff: Arczewski, Amadeusz; O'Donnell, Victoria Room: M101					
Thursday 24/09/2026		Health Screening, lab inductions Induction, Wk 8 Staff: Arczewski, Amadeusz ; Batty, Chelsea; Lewis1, Richard Room: M101		Health Screening, lab inductions Induction, Wk 8 Staff: Arczewski, Amadeusz; Batty, Chelsea; Lewis1, Richard Room: M101									
Fri 25/09/2026													
Sat 26/09/2026													
Su 27/09/2026													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Monday 05/10/2026			Practical, Wk 10 Module: FAW425 (Football Science: Understanding Player Performance) Staff: Arczewski, Amadeusz; Harper, Ed Room: M101										
Tu 06/10/2026													
We 07/10/2026													
Th 08/10/2026													
Fri 09/10/2026													
Sat 10/10/2026													
Su 11/10/2026													

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Monday 12/10/2026			Practical, Wk 11 Modules: SES406 (Foundations of Anatomy and Exercise Physiology); SPC406 (The Physiology of Human Movement) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
Tu 13/10/2026													
We 14/10/2026													
Th 15/10/2026													
Fri 16/10/2026													
Sat 17/10/2026													
Su 18/10/2026													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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													
Wed 21/10/2026		Sports Discovery Day Discovery Day, Wk 12 Staff: Weber, Kate Rooms: K01; K02; K04; M101 ; <u>S01 - Biomechanics Lab</u> ; Sports Centre (Hockey Pitch)											
Th 22/10/2026													
Fri 23/10/2026													
Sat 24/10/2026													
Su 25/10/2026													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Monday 02/11/2026			Practical, Wk 14 Modules: FAW425 (Football Science: Understanding Player Performance) ; SES406 (Foundations of Anatomy and Exercise Physiology) ; SPC406 (The Physiology of Human Movement) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
Tuesday 03/11/2026						Practical, Wk 14 Module: NAD403 (Human Anatomy and Physiology) Staff: Arczewski, Amadeusz; Davies, Vicky Room: M101							
We 04/11/2026													
Th 05/11/2026													
Friday 06/11/2026			Seminar, Wk 14 Module: SES702 (Applied Clinical Exercise Training) Staff: Arczewski, Amadeusz; Batty, Chelsea Room: M101										
Sat 07/11/2026													
Su 08/11/2026													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Monday 09/11/2026			Practical, Wk 15 Module: FAW425 (Football Science: Understanding Player Performance) Staff: Arczewski, Amadeusz; Harper, Ed Room: M101										
Tuesday 10/11/2026						Practical, Wk 15 Module: NAD403 (Human Anatomy and Physiology) Staff: Arczewski, Amadeusz; Davies, Vicky Room: M101							
We 11/11/2026													
Th 12/11/2026													
Friday 13/11/2026			Seminar, Wk 15 Module: SES702 (Applied Clinical Exercise Training) Staff: Arczewski, Amadeusz; Batty, Chelsea Room: M101										
Sat 14/11/2026													
Su 15/11/2026													

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Monday 16/11/2026			Practical, Wk 16 Module: SES406 (Foundations of Anatomy and Exercise Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
Tu 17/11/2026													
We 18/11/2026													
Th 19/11/2026													
Friday 20/11/2026			Seminar, Wk 16 Module: SES702 (Applied Clinical Exercise Training) Staff: Arczewski, Amadeusz; Batty, Chelsea Room: M101										
Sat 21/11/2026													
Su 22/11/2026													

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Monday 23/11/2026			Practical, Wk 17 Module: SES406 (Foundations of Anatomy and Exercise Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
Tuesday 24/11/2026						Practical, Wk 17 Module: NAD403 (Human Anatomy and Physiology) Staff: Arczewski, Amadeusz; Davies, Vicky Room: M101							
We 25/11/2026													
Th 26/11/2026													
Fri 27/11/2026													
Sat 28/11/2026													
Su 29/11/2026													

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Monday 30/11/2026			Practical, Wk 18 Module: SES406 (Foundations of Anatomy and Exercise Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
Tu 01/12/2026													
We 02/12/2026													
Th 03/12/2026													
Fri 04/12/2026													
Sat 05/12/2026													
Su 06/12/2026													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Monday 07/12/2026			Practical, Wk 19 Module: SES406 (Foundations of Anatomy and Exercise Physiology) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
Tu 08/12/2026													
We 09/12/2026													
Th 10/12/2026													
Fri 11/12/2026													
Sat 12/12/2026													
Su 13/12/2026													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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												

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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													
Tuesday 12/01/2027		VALD testing Practical, Wk 24 Module: PHY410 (Building Physiotherapy Practice 1) Staff: Arczewski, Amadeusz; Bellis, Christopher Room: M101											
We 13/01/2027													
Thursday 14/01/2027		Lecture, Wk 24 Module: SIR412 (Anatomy, Physiology and Human Movement) Staff: Arczewski, Amadeusz; Weaver, Kristian Room: M101											
Fri 15/01/2027													
Sat 16/01/2027													
Su 17/01/2027													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Mo 01/02/2027													
Tuesday 02/02/2027			Practical, Wk 27 Modules: FAW517 (Football Science: Optimising Player Performance) SES506 (Physiological Responses to Training & Testing) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
We 03/02/2027													
Th 04/02/2027													
Fri 05/02/2027													
Sat 06/02/2027													
Su 07/02/2027													

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Mo 15/02/2027													
Tu 16/02/2027													
We 17/02/2027													
Thursday 18/02/2027		Lecture, Wk 29 Module: <u>SIR412 (Anatomy, Physiology and Human Movement)</u> Staff: Arczewski, Amadeusz; Weaver, Kristian Room: M101											
Fri 19/02/2027													
Sat 20/02/2027													
Su 21/02/2027													

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Mo 22/02/2027													
Tuesday 23/02/2027			Practical, Wk 30 Modules: FAW517 (Football Science: Optimising Player Performance) SES506 (Physiological Responses to Training & Testing) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
Wed 24/02/2027		Sports Discovery Day Discovery Day, Wk 30 Staff: Weber, Kate Rooms: K01; K02; K04; M101 ;S01 - Biomechanics Lab; Sports Centre (Hockey Pitch)											
Thursday 25/02/2027		Lecture, Wk 30 Module: SIR412 (Anatomy, Physiology and Human Movement) Staff: Arczewski, Amadeusz; Weaver, Kristian Room: M101											
Fri 26/02/2027													
Sat 27/02/2027													
Su 28/02/2027													

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Mo 01/03/2027													
Tuesday 02/03/2027			Practical, Wk 31 Modules: FAW517 (Football Science: Optimising Player Performance) SES506 (Physiological Responses to Training & Testing) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
We 03/03/2027													
Th 04/03/2027													
Fri 05/03/2027													
Sat 06/03/2027													
Su 07/03/2027													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Mo 08/03/2027													
Tuesday 09/03/2027			Practical, 10: 30AM-12:00PM, Wk 32 Module: SES506 (Physiological Responses to Training & Testing) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
We 10/03/2027													
Th 11/03/2027													
Fri 12/03/2027													
Sat 13/03/2027													
Su 14/03/2027													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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
Mo 15/03/2027													
Tuesday 16/03/2027			Practical, 10: 30AM-12:00PM, Wk 33 Module: SES506 (Physiological Responses to Training & Testing) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101										
We 17/03/2027													
Th 18/03/2027													
Fri 19/03/2027													
Sat 20/03/2027													
Su 21/03/2027													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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		In-Class Assessments, 09:00AM-10:30AM, Wk 37 Module: <u>SES506</u> (Physiological Responses to Training & Testing) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101					Seminar, Wk 37 Module: <u>SES701</u> (Exercise as Prevention or Cure) Staff: Arczewski, Amadeusz; Lewis1, Richard Room: M101						
We 14/04/2027													
Th 15/04/2027													
Fri 16/04/2027													
Sat 17/04/2027													
Su 18/04/2027													

Wrexham University Academic Timetables

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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

Room timetable - M101 Sports & Exercise Physiology ONLY Lab (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													