

Draft_Semester_1_TT2025_2026

Course timetable - SPKN 3101, Strength & Conditioning (Wks W1-W12)

| | 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 | 09:00PM |
|-----|---------|---------|---------|---------|---------|---------|---------|---------|---|---------|---------|---------|---------|---------|
| Mon | | | | | | | | | | | | | | |
| Tue | | | | | | | | | | | | | | |
| We | | | | | | | | | | | | | | |
| Thu | | | | | | | | | | | | | | |
| Fri | | | | | | | | | Lecture, Wks W1-W12 [=12] Course: SPKN 3101 Room: UWI SPEC RM# 80 | | | | | |
| Sat | | | | | | | | | | | | | | |
| Sun | | | | | | | | | | | | | | |