

correct at time of upload/printing		<h2 style="text-align: center;">Harbour House Wellbeing Timetable</h2> <p style="text-align: center;">Please contact teachers directly to book - see our Teachers Page for contact details.</p>						
w/c 03.02.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor: Quay Lane Studio	AM	<b>11.15 - 12.15am</b> Baby Yoga with Sarah Scott	<b>9.30 - 10.30am</b> Well-Woman Yoga with Kathy Courage  <b>11 - 11.45am</b> Beginners Pilates with Jo Elli  <b>12 - 12.45pm</b> Beginners Pilates with Jo Ellis	<del>10 - 11am</del> Pilates with Aimie Freeston	<b>10 - 11.30am</b> Hatha Fusion Yoga with Lucie Minne	<b>9.30- 11.30am</b> Ashtanga Yoga with Stephen Harding  <b>1.30 - 3.30pm</b> Activities 115 Private Session with Rosa Hannaford	<b>9am - 6pm</b> Mindful Movement - Social Prescribing with Charlie Eaton	<b>11am - 12pm</b> Kung Fu with Bill Spraggs
	PM	<b>2.30 - 4.30pm</b> Action for Children Private Session Mandy Fisher  <b>7.45 - 8.45pm</b> Private Session with Lauren Pomfret	<b>2 - 2.50pm</b> Extend: Keep Fit with Sue Kershaw  <b>3 - 4pm</b> Extend: Keep Fit with Sue Kershaw  <b>6 - 7pm</b> Yoga and Pilates Exercise to music with Leah Buckley	<b>12:30 - 1:30pm</b> Pilates with Franny Morris  <b>7 - 9pm</b> Tai Chi with Derek Bates	<b>5.30 - 6.30pm</b> Yin/Yang Yoga with Martina Edmonds	<b>4.45 - 5.30pm</b> Junior Contemporary with Miss Lauren  <b>5.30 - 6.15pm</b> Senior Contemporary with Miss Lauren  <b>6.15 - 7 pm</b> Inter Street Dance 1 with Miss Lauren  <b>7 - 7.45pm</b> Inter Street Dance 2 with Miss Lauren		

<b>First Floor Studio</b>	AM	<b>9.15 - 10.15am</b> Pilates with Justine Besch  <b>10.45 - 11.45am</b> Budakon Yoga with Susie Williams	<b>7.30 - 8.30am</b> Rise & Shine Yoga with Sophie Darling	<b>10 - 11am</b> Second Spring Menopause Yoga with Frannie Reed	<b>9.30 - 10.30am</b> Yoga Sculpt with Jane Niblett	<b>9.30 - 10.30am</b> Pilates with Laura Kennedy  <b>10.30-1pm</b> Private Session Beth Richards		
	PM	<b>6 - 7pm</b> Flow with the Seasons Yoga with Sophie Darling	<del><b>6.30 - 7.30pm</b></del> Pilates with Aimie Freeston		<b>7.30 - 8.30pm</b> Yin Yoga with Francesca Stafford			
<b>w/c 03.02.2025</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Second Floor Studio</b>	AM	<b>7.30 - 8.30am</b> Slow Flow Yoga with Francesca Stafford  <b>10 - 11.15am</b> Open Level Hatha Yoga with Catherine Seymour  <b>11.30 - 12.45pm</b> Open Level Hatha Yoga with Catherine Seymour	<b>9.30 - 10.30am</b> Vinyasa Flow Yoga with Jules Turner	<b>7 - 8am</b> Vinyasa Flow Yoga with Francesca Stafford  <b>10 - 11am</b> Mixed Ability Hatha Yoga Flow with Caroline Biddle	<b>7.30 - 8.30am</b> Vinyasa Flow Yoga with Francesca Stafford  <b>9.30 - 10.30am</b> Pilates with Franny Morris  <b>10.40- 11.40am</b> Pilates (bone health) with Franny Morris	<b>9.30 - 10.30am</b> Vinyasa Flow Yoga with Jules Turner	<b>8 - 9am</b> Rise & Energise Yoga with Sophie Darling	
	PM	<b>7 - 8pm</b> Flow and Restore Yoga with Sarah Scott	<b>6 - 6.45pm</b> Pregnancy Yoga with Sarah Scott  <b>7 - 8pm</b> Dynamic Hatha Yoga with Sarah Scott	<b>6 - 7pm</b> Pilates with Franny Morris  <b>7.10 - 8.10pm</b> Pilates with Franny Morris	<b>6 - 7pm</b> Dynamic & Creative Flow Yoga with Chloe Garland	<b>6 - 7pm</b> Friday Night Yoga with Ina Dittfurth or Sophie Darling		

<b>Second Floor: Art Studio</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	AM		<b>10am - 1pm</b> Watercolour Classes with Rob and Sian Dudley			<b>10am - 1pm</b> Life Drawing		
	PM		<b>2 - 5pm</b> Watercolour Classes with Rob and Sian Dudley					
<b>Meeting Room (Second floor)</b>	AM & PM	<b>12-5pm</b> Private Meetings Harbour House	<b>11.30am - 1.30pm</b> Private Session SH Community Action Claire Jeffrey  <b>2pm - 3pm</b> Private Session SH Community Action Claire Jeffrey  <b>7 - 9pm</b> Men's Support Group with Ben Davies	<b>10 - 12am</b> Private Session Caroline Dale  <b>2 - 6pm</b> Private Session Lucy Leyland	<b>10am - 12pm</b> Private Session Mark Maunsell-Thomas	<b>12pm - 12am</b> Private Booking **No Access to this room** Ashanti	<b>12am - 10am</b> Private Booking **No Access to this room** Ashanti	