

correct at time of upload/printing		<b>Harbour House Wellbeing Timetable</b> *please note reduced schedule for the Easter Holidays Please contact teachers directly to book - see our Teachers Page for contact details.						
w/c 14.04.2025		Monday	Tuesday	Wednesday	Thursday	Friday <i>BANK HOLIDAY</i>	Saturday	Sunday
<b>Ground Floor: Quay Lane Studio</b>	AM	<del>11.15 - 12.15am</del> 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 Ellis  <b>12 - 12.45pm</b> Beginners Pilates with Jo Ellis	<del>10 - 11am</del> Pilates with Frannie Morris	<b>10 - 11.30am</b> Hatha Fusion Yoga with Lucie Minne	<b>9.30- 11.30am</b> Ashtanga Yoga with Stephen Harding		
	PM	<del>7 - 7.45pm</del> Adult 18+ Dance Fusion Blend of dance styles with Lauren Pomfret - Fiona's Fancy Feet	<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	<del>12.30 - 1.30pm</del> Pilates with Frannie Morris	<b>1.15 - 3.15pm</b> Private Session Devon Carers Support Group Gemma Marshall  <b>5.30 - 6.30pm</b> Yin/Yang Yoga with Martina Edmonds			
<b>First Floor Studio</b>	AM	<del>9.15 - 10.15am</del> Pilates with Justine Besch  <del>10.45 - 11.45am</del> 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	<del>9.30 - 10.30am</del> Yoga Sculpt with Jane Niblett  <b>7.30 - 8.30pm</b> Yin Yoga with Francesca Stafford	<del>9.30 - 10.30am</del> Pilates with Laura Kennedy		

	PM	<b>6 - 7pm</b> Flow with the Seasons Yoga with Sophie Darling	<b>6.30 - 7.30pm</b> Pilates with Aimie Freeston		<b>7.30 - 8.30pm</b> Yin Yoga with Francesca Stafford			
<b>w/c</b> <b>14.04.2025</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b> <b>BANK HOLIDAY</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  <del><b>10 - 11.15am</b></del> <del>Open Level Hatha Yoga with Catherine Seymour</del>  <del><b>11.30 - 12.45pm</b></del> <del>Open Level Hatha Yoga with Catherine Seymour</del>	<b>9.30 - 10.30am</b> Vinyasa Flow Yoga with Jules Turner	<b>7 - 8am</b> Vinyasa Flow Yoga with Francesca Stafford  <del><b>10 - 11am</b></del> <del>Mixed Ability Hatha Yoga Flow with Caroline Biddle</del>	<b>7.30 - 8.30am</b> Vinyasa Flow Yoga with Francesca Stafford  <del><b>9.30 - 10.30am</b></del> <del>Pilates with Franny Morris</del>  <del><b>10.40 - 11.40am</b></del> <del>Pilates (bone health) with Franny Morris</del>	<del><b>9.30 - 10.30am</b></del> <del>Vinyasa Flow Yoga with Jules Turner</del>	<b>8 - 9am</b> Rise & Energise Yoga with Sophie Darling	
	PM	<del><b>7 - 8pm</b></del> <del>Flow and Restore Yoga with Sarah Scott</del>	<del><b>6 - 6.45pm</b></del> <del>Pregnancy Yoga with Sarah Scott</del>  <del><b>7 - 8pm</b></del> <del>Dynamic Hatha Yoga with Sarah Scott</del>	<del><b>6 - 7pm</b></del> <del>Pilates with Franny Morris</del>  <del><b>7.10 - 8.10pm</b></del> <del>Pilates with Franny Morris</del>	<b>6 - 7pm</b> Dynamic & Creative Flow Yoga with Chloe Garland	<del><b>6 - 7pm</b></del> <del>Friday Night Yoga with Ina Dittfurth or Sophie Darling</del>		
<b>Second Floor: Art Studio</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b> <b>BANK HOLIDAY</b>	<b>Saturday</b>	<b>Sunday</b>
	AM					<b>10.30am - 1pm</b> Life Drawing		
	PM							
<b>Meeting Room (Second floor)</b>	AM & PM		<b>10am - 1pm</b> Private Session South Ham Community Action with Claire Jeffrey  <b>3 - 5pm</b> Private Session Mark Maunsell-Thomas	<b>10 - 11am</b> Private Session Caroline Dale  <b>11.30 - 2.30pm</b> Private Session South Ham Community Action with Claire Jeffrey	<b>9.30 - 10.30am</b> Private Session Mark Maunsell-Thomas  11am onwards Private Booking HH - no access	8am onwards Private Booking HH - no access		

# Harbour House Wellbeing Timetable

Please contact teachers directly to book - see our Teachers Page for contact details.

correct at time of upload/printing		Harbour House Wellbeing Timetable						
		Please contact teachers directly to book - see our Teachers Page for contact details.						
w/c 21.04.2025		Monday <i>BANK HOLIDAY</i>	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor: Quay Lane Studio	AM	<del>11.15 - 12.15am</del> Baby Yoga with Sarah Scott	<del>9.30 - 10.30am</del> Well-Woman Yoga with Kathy Courage  11 - 11.45am Beginners Pilates with Jo Ellis  12 - 12.45pm Beginners Pilates with Jo Ellis	10 - 11am Pilates with Frannie Morris	10 - 11.30am Hatha Fusion Yoga with Lucie Minne	9.30- 11.30am Ashtanga Yoga with Stephen Harding		
	PM	<del>7 - 7.45pm</del> Adult 18+ Dance Fusion Blend of dance styles with Lauren Pomfret - Fiona's Fancy Feet	2 - 2.50pm Extend: Keep Fit with Sue Kershaw  3 - 4pm Extend: Keep Fit with Sue Kershaw  6 - 7pm Yoga and Pilates Exercise to music with Leah Buckley	12.30 - 1.30pm Pilates with Frannie Morris	5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds	4.45 - 5.30pm Junior Contemporary with Miss Lauren  5.30 - 6.15pm Senior Contemporary with Miss Lauren  6.15 - 7 pm Inter Street Dance 1 with Miss Lauren  7 - 7.45pm Inter Street Dance 2 with Miss Lauren		

<b>First Floor Studio</b>	AM	<del>9.15 - 10.15am</del> Pilates with Justine Beseh  <del>10.45 - 11.45am</del> 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	<del>9.30 - 10.30am</del> Pilates with Laura Kennedy	<b>10.30am - 1pm</b> My Space Yoga Workshop with Lucie Minne	
	PM	<del>6 - 7pm</del> Flow with the Seasons Yoga with Sophie Darling	<b>6.30 - 7.30pm</b> Pilates with Aimie Freeston		<b>7.30 - 8.30pm</b> Yin Yoga with Francesca Stafford			
<b>w/c</b> <b>21.04.2025</b>		<b>Monday</b> <b>BANK HOLIDAY</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	<del>7.30 - 8.30am</del> Slow Flow Yoga with Francesca Stafford  <del>10 - 11.15am</del> Open Level Hatha Yoga with Catherine Seymour  <del>11.30 - 12.45pm</del> Open Level Hatha Yoga with Catherine Seymour	<del>9.30 - 10.30am</del> 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	<del>7 - 8pm</del> 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:</b>		<b>Monday</b> <i>BANK HOLIDAY</i>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Art Studio</b>	AM		<b>10am - 1pm</b> Watercolour Classes with Rob and Sian Dudley			<b>10.30am - 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>10am - 1pm</b> Private Session - Social Prescribing Hannah Fuchs	<b>9.30 - 11.30am</b> Private Session SHCA Amanda Perry  <b>2 - 6pm</b> Private Session Lucy Leyland	<b>9.30 - 11.30am</b> Private Session Mark Maunsell-Thomas  <b>1.30 - 2.30pm</b> Private Session Mark Maunsell-Thoma	<b>9.30 - 2.30pm</b> Private Session Karenza Cross  <b>3 - 4pm</b> Private Session Dave Davies		