

correct at time of upload/printing		Harbour House Wellbeing Timetable *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
Ground Floor: Quay Lane Studio	AM	11.15 - 12.15am Baby Yoga with Sarah Scott	9.30 - 10.30am 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	7 - 7.45pm 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	1.15 - 3.15pm Private Session Devon Carers Support Group Gemma Marshall 5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds			
First Floor Studio	AM	9.15 - 10.15am Pilates with Justine Besch 10.45 - 11.45am Budakon Yoga with Susie Williams	7.30 - 8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Second Spring Menopause Yoga with Frannie Reed	9.30 - 10.30am Yoga Sculpt with Jane Niblett 7.30 - 8.30pm Yin Yoga with Francesca Stafford	9.30 - 10.30am Pilates with Laura Kennedy		

	PM	6 - 7pm Flow with the Seasons Yoga with Sophie Darling	6.30 - 7.30pm Pilates with Aimie Freeston		7.30 - 8.30pm Yin Yoga with Francesca Stafford			
w/c 14.04.2025		Monday	Tuesday	Wednesday	Thursday	Friday BANK HOLIDAY	Saturday	Sunday
Second Floor Studio	AM	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford 10 - 11.15am Open Level Hatha Yoga with Catherine Seymour 11.30 - 12.45pm Open Level Hatha Yoga with Catherine Seymour	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner	7 - 8am Vinyasa Flow Yoga with Francesca Stafford 10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle	7.30 - 8.30am Vinyasa Flow Yoga with Francesca Stafford 9.30 - 10.30am Pilates with Franny Morris 10.40 - 11.40am Pilates (bone health) with Franny Morris	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner	8 - 9am Rise & Energise Yoga with Sophie Darling	
	PM	7 - 8pm Flow and Restore Yoga with Sarah Scott	6 - 6.45pm Pregnancy Yoga with Sarah Scott 7 - 8pm Dynamic Hatha Yoga with Sarah Scott	6 - 7pm Pilates with Franny Morris 7.10 - 8.10pm Pilates with Franny Morris	6 - 7pm Dynamic & Creative Flow Yoga with Chloe Garland	6 - 7pm Friday Night Yoga with Ina Dittfurth or Sophie Darling		
Second Floor: Art Studio		Monday	Tuesday	Wednesday	Thursday	Friday BANK HOLIDAY	Saturday	Sunday
	AM					10.30am - 1pm Life Drawing		
	PM							
Meeting Room (Second floor)	AM & PM		10am - 1pm Private Session South Ham Community Action with Claire Jeffrey 3 - 5pm Private Session Mark Maunsell-Thomas	10 - 11am Private Session Caroline Dale 11.30 - 2.30pm Private Session South Ham Community Action with Claire Jeffrey	9.30 - 10.30am Private Session Mark Maunsell-Thomas			

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w/c 21.04.2025		Monday <i>BANK HOLIDAY</i>	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor: Quay Lane Studio	AM	11.15 - 12.15am Baby Yoga with Sarah Scott	9.30 - 10.30am 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	7 - 7.45pm Adult 18+ Dance Fusion Blend of dance styles with Lauren Pomfret - Fiona's Fancy Feet	2 - 2.50pm Keep Fit & Move with Sue Kershaw 3 - 4pm Keep Fit & Move 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		

First Floor Studio	AM	9.15 - 10.15am Pilates with Justine Beseh 10.45 - 11.45am Budakon Yoga with Susie Williams	7.30 - 8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Second Spring Menopause Yoga with Frannie Reed		9.30 - 10.30am Pilates with Laura Kennedy	10.30am - 1pm My Space Yoga Workshop with Lucie Minne	
	PM	6 - 7pm Flow with the Seasons Yoga with Sophie Darling	6.30 - 7.30pm Pilates with Aimie Freeston		7.30 - 8.30pm Yin Yoga with Francesca Stafford			
w/c 21.04.2025		Monday BANK HOLIDAY	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Second Floor Studio	AM	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford 10 - 11.15am Open Level Hatha Yoga with Catherine Seymour 11.30 - 12.45pm Open Level Hatha Yoga with Catherine Seymour	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner	7 - 8am Vinyasa Flow Yoga with Francesca Stafford 10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle	7.30 - 8.30am Vinyasa Flow Yoga with Francesca Stafford 9.30 - 10.30am Pilates with Franny Morris 10.40 - 11.40am Pilates (bone health) with Franny Morris	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner	8 - 9am Rise & Energise Yoga with Sophie Darling	
	PM	7 - 8pm Flow and Restore Yoga with Sarah Scott	6 - 6.45pm Pregnancy Yoga with Sarah Scott 7 - 8pm Dynamic Hatha Yoga with Sarah Scott	6 - 7pm Pilates with Franny Morris 7.10 - 8.10pm Pilates with Franny Morris	6 - 7pm Dynamic & Creative Flow Yoga with Chloe Garland	6 - 7pm Friday Night Yoga with Ina Dittfurth or Sophie Darling		

Second Floor:		Monday <i>BANK HOLIDAY</i>	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Art Studio	AM		10am - 1pm Watercolour Classes with Rob and Sian Dudley			10.30am - 1pm Life Drawing		
	PM		2 - 5pm Watercolour Classes with Rob and Sian Dudley					
Meeting Room (Second floor)	AM & PM		10am - 1pm Private Session - Social Prescribing Hannah Fuchs 4 - 5pm Private Session Mark Maunsell-Thomas	9.30 - 11.30am Private Session SHCA Amanda Perry 2 - 6pm Private Session Lucy Leyland	9.30 - 11.30am Private Session Mark Maunsell-Thomas 1.30 - 2.30pm Private Session Mark Maunsell-Thoma	3 - 4pm Private Session Dave Davies		