

W/C: 30 September 2024		<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>						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ground Floor: Quay Lane Studio</b>	AM	<b>10 - 11.15am</b> Open Level Hatha Yoga with Catherine Seymour	<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	<b>7 - 8am</b> Sunrise Yoga - Ashtanga Vinyasa with Kate Feest  <del><b>10 - 11am</b></del> <del>Pilates with Aimie</del> <del>Freeston *cancelled*</del>  <b>12:30 - 1:30pm</b> Pilates with Franny Morris	<b>10 - 11.30am</b> Hatha Fusion Yoga with Lucie Minne	<b>9.30- 11.30am</b> Ashtanga Yoga with Stephen Harding		<b>11am - 12pm</b> Kung Fu with Bill Spraggs
	PM	<b>12.30 - 2.30pm</b> Private Booking Kingsbridge & Saltstone Caring  <b>7 - 8pm</b> Flow and Restore Yoga with Sarah Scott	<b>2 - 2.50pm</b> Extend: Keep Fit with Sue Kershaw  <b>3 - 4pm</b> Extend: Keep Fit with Sue Kershaw  <b>6 - 6.45pm</b> Pregnancy Yoga with Sarah Scott  <b>7 - 8pm</b> Dynamic Hatha Yoga with Sarah Scott	<b>7 - 9pm</b> Tai Chi with Derek Bates	<b>5.30 - 7pm</b> Yin/Yang Yoga with Martina Edmonds  <b>7.30 - 8.30pm</b> <b>*new weekly class*</b> Yin Yoga with Francesca Stafford	<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>7.30 - 8.30am</b> Slow Flow Yoga with Francesca Stafford  <b>9.15 - 10.15am</b> Pilates with Justine Besch  <b>11.30 - 12.45pm</b> Open Level Hatha Yoga with Catherine Seymour	<b>7.30 - 8.30am</b> Rise & Shine Yoga with Sophie Darling  <b>10am - 1pm</b> Watercolour Classes with Rob and Sian Dudley	<b>10 - 11am</b> Second Spring Menopause Yoga with Frannie Reed  <b>11.30 - 12.30pm</b> Mixed Ability Hatha Yoga Flow with Caroline Biddle	<b>7.30 - 8.30am</b> Dynamic Vinyasa 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> Pilates with Laura Kennedy	<b>8 - 9am</b> Rise & Energise Yoga with Sophie Darling	

	PM	<b>6 - 7pm</b> Flow with the Seasons Yoga with Sophie Darling	<b>2 - 5pm</b> Watercolour Classes with Rob and Sian Dudley  <b>6.30 - 7.30pm</b> <b>*new weekly class*</b> Pilates with Aimie Freeston	<b>6 - 7pm &amp; 7.10 - 8.10pm</b> Pilates with Franny Morris		<b>6 - 7pm</b> Friday Night Yoga with Ina Dittfurth or Sophie Darling		
<b>W/C: 30 Sept 2024</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	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week
	PM	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week	Studio Space CLOSED this week
<b>Second Floor: Art Studio</b>	AM		<b>10.50am to 1.50pm</b> Private Booking Annie Bodmer - KCC Life Drawing	<b>10am - 2pm</b> Kingsbridge and South Hams Art Club		<b>10am - 1pm</b> Life Drawing	<b>8am to 9pm</b> Private Session Llyr Davies	<b>8am to 9pm</b> Private Session Llyr Davies
	PM	<b>1 - 4pm</b> Kingsbridge and South Hams Art Club					<b>8am to 9pm</b> Private Session Llyr Davies	<b>8am to 9pm</b> Private Session Llyr Davies
<b>Meeting Room (Second floor)</b>	AM & PM	<b>10am to 12pm</b> Private Session Hannah Fuchs  <b>4.15 - 5.15pm</b> Private Session Mark Maunsell-Thomas	<b>3.30 - 5.30pm</b> Private Session Deborah Pleasants	<b>3 - 5pm</b> Private Session Lucy Leyland	<b>10am - 12pm</b> Private Session Mark Maunsell-Thomas	<b>11am - 1pm</b> Private Session Karenza Cross		