

W/C: 11 Nov 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
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 Elli 12 - 12.45pm Beginners Pilates with Jo Ellis	10 - 11am Pilates with Aimie Freeston	10 - 11.30am Hatha Fusion Yoga with Lucie Minne	9.30- 11.30am Ashtanga Yoga with Stephen Harding 12 - 1pm Toddler Yoga with Coco Morgan	9am - 12.30pm Private Session Mindful Making - Social Prescribing with Laura Segan	11am - 12pm Kung Fu with Bill Spraggs
	PM		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 Franny Morris 2 - 5 pm The Arts Society Kingsbridge 7 - 9pm Tai Chi with Derek Bates	5.30 - 7pm 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 Besch		10 - 11am Second Spring Menopause Yoga with Frannie Reed		9.30 - 10.30am Pilates with Laura Kennedy 11 - 2pm Noonans - Jewellery & Watches Valuations		

	PM		6.30 - 7.30pm Pilates with Aimie Freeston		6.30 - 7.30pm Yin Yoga (last session 28 November 2024) with Jules Turner			
W/C: 04 Nov 2024		Monday	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	10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle	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	7 - 8pm Dynamic Hatha Yoga with Sarah Scott	4 - 5pm Private Session Lucy Leyland 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	AM		10am - 1pm Watercolour Classes with Rob and Sian Dudley			10am - 1pm Life Drawing	10.30am - 1pm Yoga Workshop with Lucie Minne	
	PM		2 - 5pm Watercolour Classes with Rob and Sian Dudley					

Meeting Room (Second floor)	AM & PM		9 - 3pm Private Session Harbour House 3.30 - 5.30pm Private Session Deborah Pleasants 7 - 9pm Men's Support Group with Ben Davies	12.15 - 3.15pm Private Session Hannah Fuchs	10.00 - 12.00noon Private Session Mark Maunsell-Thomas	2.30 - 4.30pm Private Session Liam Staple		
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