

correct at time of upload/printing		<b>Harbour House Wellbeing Timetable - Summer 2025 *reduced schedule</b> Please contact teachers directly to book - see our <a href="#">Teachers Page</a> for further information and contact details. *please note many of our freelance teachers, teach during term time only						
w/c 11.08.2025		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Ground Floor: Quay Lane Studio</b>	AM	<del>11.15 - 12.15am</del> Baby Yoga with Sarah Scott	<del>9.30 - 10.30am</del> Well-Woman Yoga with Kathy Courage  <del>11 - 11.45am</del> Beginners Pilates with Jo-Ellis  <del>12 - 12.45pm</del> Beginners Pilates with Jo-Ellis	10 - 11am Pilates with Frannie Morris	<del>10 - 11.30am</del> Hatha Fusion Yoga with Lucie Minne	9.30- 11.30am Ashtanga Yoga with Stephen Harding	10am - 12 noon Activities 115 Photography workshop	
	PM		<del>2 - 2.50pm</del> Keep Fit & Move with Sue Kershaw  <del>3 - 4pm</del> Keep Fit & Move with Sue Kershaw  <b>6 - 7pm</b> Yoga and Pilates Exercise to music with Leah Buckley	12.30 - 1.30pm Pilates with Frannie Morris	<del>5.30 - 6.30pm</del> Yin/Yang Yoga with Martina Edmonds	<del>4.45 - 5.30pm</del> Junior Contemporary with Miss Lauren  <del>5.30 - 6.15pm</del> Senior Contemporary with Miss Lauren  <del>6.15 - 7pm</del> Inter-Street Dance 1 with Miss Lauren  <del>7 - 7.45pm</del> Inter-Street Dance 2 with Miss Lauren		

w/c 11.08.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Studio	AM	<del>9.15 - 10.15am</del> Pilates with Justine Besch	7.30 - 8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Second Spring Menopause Yoga with Frannie Reed		<del>9.30 - 10.30am</del> Pilates with Laura Kennedy		
	PM	6 - 7pm Flow with the Seasons Yoga with Sophie Darling	6.30 - 7.30pm Pilates with Aimie Freeston					
Second Floor Studio	AM	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford  <del>10 - 11.10am</del> <del>Open Level Hatha Yoga</del> <del>with Catherine Seymour</del>  <del>11.20 - 12.30pm</del> <del>Open Level Hatha Yoga</del> <del>with Catherine Seymour</del>	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	<del>9.30 - 10.30am</del> <del>Vinyasa Flow Yoga</del> <del>with Jules Turner</del>  8 - 9am Rise & Energise Yoga with Sophie Darling		
	PM	<del>7 - 8pm</del> 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	<del>6 - 7pm</del> Dynamic & Creative Flow Yoga with Chloe Garland	<del>6 - 7pm</del> Friday Night Yoga with Ina Dittfurth/Sophie Darling		

w/c 11.08.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Second Floor: Art Studio</b>	AM		<del>10.30am - 1pm</del> Watercolour Classes with Rob and Sian Dudley			10.30am - 1pm Life Drawing		
	PM		<del>2 - 4.30pm</del> Watercolour Classes with Rob and Sian Dudley			<del>2 - 4.30pm</del> Life Drawing		
<b>Meeting Room (Second floor)</b>	AM & PM			10 - 11am Private Session Caroline Dale		1 - 2pm Private Session Dave Davies		