

correct at time of upload/printing		<h2>Harbour House Wellbeing Timetable</h2> <p>Please contact teachers directly to book - see our <a href="#">Teachers Page</a> for further information and contact details.</p> <p>*please note many of our freelance teachers, teach during term time only</p>						
w/c 01.09.2025		Monday	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  <del>11 - 11.45am</del> Beginners Pilates with Jo-Ellis  <del>12 - 12.45pm</del> Beginners Pilates with Jo-Ellis	10 - 11am Pilates with Franny Morris	10 - 11.30am Hatha Fusion Yoga with Lucie Minne	9.30 - 11.30am Ashtanga Yoga with Stephen Harding	6 Sept - 11 Oct 9.30 - 12pm Clay and Conversation: Exploring Ceramic for over 55s with Cylena Simonds  See HH website for more information and to sign up	
	PM		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 Franny Morris	<del>5.30 - 6.30pm</del> Yin/Yang Yoga with Martina Edmonds	<del>4.45 - 7.45pm</del> Dance Classes with Miss Lauren  4.45-5.30pm Junior Contemporary (ages 7-12 yrs)  5.30-6.15pm Senior Contemporary (ages 12+ yrs)  6.15-7pm Inter-Street Dance 1 (ages 7-10 yrs)  7-7.45pm Inter-Street Dance 2 (ages 8-11 yrs)		

w/c 01.09.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>First Floor Studio</b>	AM	<del>9.15 - 10.15am</del> Pilates with Justine Besch	<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> 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>6 - 7pm</b> Pilates with Franny Morris  <b>7.10 - 8.10pm</b> Pilates with Franny Morris				
<b>Second Floor Studio</b>	AM	<b>7.30 - 8.30am</b> Slow Flow Yoga with Francesca Stafford  <del>10 - 11.10am</del> Open Level Hatha Yoga with Catherine Seymour  <del>11.20 - 12.30pm</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	<del>8 - 9am</del> Rise & Energise Yoga with Sophie Darling	
	PM	<del>7 - 8pm</del> Flow and Restore Yoga with Sarah Scott	<del>6 - 6.45pm</del> Pregnancy Yoga with Sarah Scott  <del>7 - 8pm</del> Dynamic Hatha Yoga with Sarah Scott		<b>6 - 7pm</b> Dynamic & Creative Flow Yoga with Chloe Garland	<b>6 - 7pm</b> Friday Night Yoga with Ina Dittfurth/Sophie Darling		

w/c 01.09.2025		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			<b>2 - 6pm</b> Private Session Lucy Leyland	<b>11 - 12pm</b> Private Session Mark Maunsell-Thomas			