

correct at time of upload/printing		<h2>Harbour House Wellbeing Timetable</h2> <p>Please contact teachers directly to book - see our Teachers Page for further information and contact details.</p> <p>*please note many of our freelance teachers, teach during term time only</p>						
2 weeks to view								
w/c 15.09.2025		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 Ellis 12 - 12.45pm 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	5.15-7.45pm Dance Classes with Lauren Pomfret - Fiona's Fancy Feet 5.15-6pm Dance Adventures (ages 5-8 yrs) 6-6.45pm Street Dance (ages 7-12 yrs) 6.45-7.45pm (Adult Class) Adult Dance Groove	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 3.50 - 7.50pm *NEW* Dance Classes with Faye Robertson 4-4.30pm Mini's Acro & Modern (ages 4-6 yrs) 4.30-5.30pm Acro & Freestyle (ages 6-10 yrs) 5.30-6.30pm Acro & Freestyle (ages 8+) 6.30-6.50pm Fierce Flexibility (ages 7+) 6.50-7.50pm Acro & Lyrical (9-17 yrs)	5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds	5.30 - 8.30pm Dance Classes with Lauren Pomfret - Fiona's Fancy Feet 5.30-6.15pm Junior Contemporary (ages 7-11 yrs) 6.15-7 pm Inter Street Dance 1 (ages 8-12 yrs) 7-7.45pm Inter Street Dance 2 (ages 9-14 yrs) 7.45-8.30pm Senior Contemporary (ages 11-16 yrs)		12 - 3pm Private Session Workshops with Ashanti Hare (Studio booked 4-7pm) 5.30 - 7pm *new session* Monthly Rest Sessions - Restorative Yoga & Sound Bath with Francesca Stafford & Helen Philips

w/c 15.09.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Studio	AM	9.15 - 10.15am Pilates with Justine Besch 10.45 - 11.45am Yoga *new class* with Sophie Carr	7.30 - 8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Second Spring Menopause Yoga with Frannie Reed	9.30 - 10.30am Yoga *new class* with Laura Mitchell	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	6 - 7pm Pilates with Franny Morris 7.10 - 8.10pm Pilates with Franny Morris				
Second Floor Studio	AM	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford 10 - 11.10am Open Level Hatha Yoga with Catherine Seymour 11.20 - 12.30pm 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 Dynamic & Creative Flow Yoga with Chloe Garland	6 - 7pm Friday Night Yoga with Ina Dittfurth/Sophie Darling		

w/c 15.09.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Second Floor: Art Studio	AM		10.30am - 1pm Watercolour Classes with Rob and Sian Dudley			10.30am - 1pm Life Drawing		
	PM		2 - 4.30pm Watercolour Classes with Rob and Sian Dudley			2 - 4.30pm Life Drawing		
Meeting Room (Second floor)	AM & PM	10.30 - 11.30am Private Session Caroline Dale	10am - 1pm Private Session Hannah Fuchs 1.30 - 3.30pm Private Session SH Community Action Claire Jeffrey	2 - 6pm Private Session Lucy Leyland	12pm - 2pm Private Session Mark Maunsell-Thomas	1 - 2pm Private Session Dave Davies		

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2 weeks to view:								
w/c 22.09.2025		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 Ellis 12 - 12.45pm 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	11am - 12pm Kung Fu with Bill Spraggs
	PM	5.15-7.45pm Dance Classes with Lauren Pomfret - Fiona's Fancy Feet 5.15-6pm Dance Adventures (ages 5-8 yrs) 6-6.45pm Street Dance (ages 7-12 yrs) 6.45-7.45pm (Adult Class 18+) Adult Dance Groove	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 3.50 - 7.50pm *NEW* Dance Classes with Faye Robertson 4-4.30pm Mini's Acro & Modern (ages 4-6 yrs) 4.30-5.30pm Acro & Freestyle (ages 6-10 yrs) 5.30-6.30pm Acro & Freestyle (ages 8+) 6.30-6.50pm Fierce Flexibility (ages 7+) 6.50-7.50pm Acro & Lyrical (9-17 yrs)	5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds	5.30 - 8.30pm Dance Classes with Lauren Pomfret - Fiona's Fancy Feet 5.30-6.15pm Junior Contemporary (ages 7-11 yrs) 6.15-7 pm Inter Street Dance 1 (ages 8-12 yrs) 7-7.45pm Inter Street Dance 2 (ages 9-14 yrs) 7.45-8.30pm Senior Contemporary (ages 11-16 yrs)		1 - 3pm Private Session Workshops with Ashanti Hare

w/c 22.09.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Studio	AM	9.15 - 10.15am Pilates with Justine Besch 10.45 - 11.45am Yoga *new class* with Sophie Carr	7.30 - 8.30am Rise & Shine Yoga with Sophie Darling 10 - 12pm Beards Hampton and Littlewoods - Valuations	10 - 11am Second Spring Menopause Yoga with Frannie Reed	9.30 - 10.30am Yoga *new class* with Laura Mitchell	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	6 - 7pm Pilates with Franny Morris 7.10 - 8.10pm Pilates with Franny Morris		1am - 4pm Private Booking Harbour House Meeting		
Second Floor Studio	AM	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford 10 - 11.10am Open Level Hatha Yoga with Catherine Seymour 11.20 - 12.30pm 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 10.30am - 1pm Yoga Workshop with Lucie Minne	
	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 Dynamic & Creative Flow Yoga with Chloe Garland	6 - 7pm Friday Night Yoga with Ina Dittfurth/Sophie Darling		

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