

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>						
w/c 23.06.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor: Quay Lane Studio	AM	<b>11.15 - 12.15am</b> Baby Yoga with Sarah Scott	<b>9.30 - 10.30am</b> Well-Woman Yoga with Kathy Courage  <b>11 - 11.45am</b> Beginners Pilates with Jo Ellis  <b>12 - 12.45pm</b> Beginners Pilates with Jo Ellis	<b>10 - 11am</b> Pilates with Frannie Morris	<b>10 - 11.30am</b> Hatha Fusion Yoga with Lucie Minne	<b>9.30- 11.30am</b> Ashtanga Yoga with Stephen Harding		
	PM	<b>6 - 6.45pm</b> 7-12yrs Street Dance with Lauren Pomfret - Fiona's Fancy Feet  <b>6.45 - 7.45pm</b> Adult 18+ Dance Fusion Blend of dance styles with Lauren Pomfret - Fiona's Fancy Feet	<b>2 - 2.50pm</b> Keep Fit & Move with Sue Kershaw  <b>3 - 4pm</b> Keep Fit & Move with Sue Kershaw  <b>6 - 7pm</b> Yoga and Pilates Exercise to music with Leah Buckley	<b>12.30 - 1.30pm</b> Pilates with Frannie Morris	<b>5.30 - 6.30pm</b> Yin/Yang Yoga with Martina Edmonds	<b>1 - 3pm</b> Over 55's Movement with Catherine Seymour & Lauren Pomfret  <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		

w/c 23.06.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>First Floor Studio</b>	AM	<b>9.15 - 10.15am</b> 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>Second Floor Studio</b>	AM	<b>7.30 - 8.30am</b> Slow Flow Yoga with Francesca Stafford  <b>10 - 11.10am</b> Open Level Hatha Yoga with Catherine Seymour  <b>11.20 - 12.30pm</b> Open Level Hatha Yoga with Catherine Seymour	<b>9.30 - 10.30am</b> 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	<b>8 - 9am</b> Rise & Energise Yoga with Sophie Darling	
	PM	<b>7 - 8pm</b> Flow and Restore Yoga with Sarah Scott	<b>6 - 6.45pm</b> Pregnancy Yoga with Sarah Scott  <b>7 - 8pm</b> Dynamic Hatha Yoga with Sarah Scott	<b>6 - 7pm</b> Pilates with Franny Morris  <b>7.10 - 8.10pm</b> Pilates with Franny Morris	<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 23.06.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Second Floor: Art Studio</b>	AM		<b>10.30am - 1pm</b> Watercolour Classes with Rob and Sian Dudley			<b>10.30am - 1pm</b> Life Drawing		
	PM		<b>2 - 4.30pm</b> Watercolour Classes with Rob and Sian Dudley					
<b>Meeting Room (Second floor)</b>	AM & PM	<b>10-11am</b> Private Session Caroline Dale	<b>12 - 3pm</b> Private Session South Hams PCN Hannah Fuchs  <b>4.30 - 6.30pm</b> Private Session Mark Maunsell-Thomas	<b>10-11am</b> Private Session Caroline Dale  <b>2 - 6pm</b> Private Session Lucy Leyland	<b>9.30 - 11.30am</b> Private Session Mark Maunsell-Thomas  No Access 12-1pm	<b>1 - 2pm</b> Private Session Dave Davies  <b>2.15pm - midnight</b> <b>No Access</b> Private Booking Tom Kaniok	<b>No Access</b> Private Booking Tom Kaniok	<b>No Access</b> Private Booking Tom Kaniok