

W/C 29 July 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		10 - 11.30am Hatha Fusion Yoga with Lucie Minne 11.30am - 1pm <i>*Private Session*</i> with Lucie Minne	9.30- 11.30am Ashtanga Yoga with Stephen Harding		
	PM			7 - 9pm Tai Chi with Derek Bates	5.30 - 7pm Yin/Yang Yoga with Martina Edmonds			
First Floor Studio	AM		7.30 - 8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Second Spring Menopause Yoga with Frannie Reed				
	PM	6 - 7pm Flow with the Seasons Yoga with Sophie Darling						

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Second Floor Studio	AM	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford		7 - 8am Sunrise Yoga - Ashtanga Vinyasa with Kate Feest 10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle	7.30 - 8.30am Dynamic Vinyasa Yoga with Francesca Stafford	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner	8 - 9am Rise & Energise Yoga with Sophie Darling	
	PM		6 - 6.45pm Pregnancy Yoga with Sarah Scott 7 - 8pm Flow and Restore Yoga with Sarah Scott			6 - 7pm Friday Night Yoga with Ina Dittfurth or Sophie Darling - last session until 06 Sept		
Second Floor: Art Studio	AM			10am - 2pm Kingsbridge and South Hams Art Club		10.30am - 1pm Life Drawing		
	PM	1 - 4pm Kingsbridge and South Hams Art Club						
Meeting Room (Second floor)	AM & PM		3.30-5.30pm Private Session Deborah Pleasants		10.15am - 11.15pm Private Session Caroline Dale			