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Harbour House Wellbeing

Please contact teachers directly to book - see our [Teachers Page](#) for further information and contact details.
 *please note some of our freelance teachers, teach during term time only

w/c 18.05.2026

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

**Ground Floor
Quay Lane
Studio**

AM	<p>11.15 - 12.15am Baby Yoga with Sarah Scott</p>	<p>9.30 - 10.30am Well-Woman Yoga with Kathy Courage</p> <p>11 - 11.45am Beginners Pilates with Jo Ellis</p> <p>12 - 12.45pm Beginners Pilates with Jo Ellis</p>	<p>10 - 11am Pilates with Franny Morris</p>	<p>10 - 11.30am Hatha Fusion Yoga with Lucie Minne</p>	<p>9.30 - 11.30am Ashtanga Yoga with Stephen Harding</p>	<p>11am - 12pm Kung Fu with Bill Spraggs</p>
	<p>5.15-7.45pm Dance Classes with Lauren Pomfret - Fiona's Fancy Feet</p> <p>5.15-6pm Dance Adventures (ages 5-8 yrs)</p> <p>6-6.45pm Street Dance (ages 7-12 yrs)</p> <p>6.45-7.45pm (Adult Class 18+) Adult Dance Groove</p>	<p>6 - 7pm Yoga and Pilates Exercise to music with Leah Buckley</p>	<p>12.30 - 1.30pm Pilates with Franny Morris</p> <p>4 - 8pm Dance Classes with Faye Robertson</p> <p>4.15-4.45pm Mini's Acro & Modern (ages 4-6 yrs)</p> <p>4.45-5.45pm Acro & Freestyle (ages 6-10 yrs)</p> <p>5.45-6.45pm Acro & Freestyle (ages 8+)</p> <p>6.45-7.05pm Fierce Flexibility (ages 7+)</p> <p>7.05-8.05pm Acro & Lyrical (9-17 yrs)</p>	<p>5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds</p>		

w/c 18.05.2026		Monday	Tuesday	Wednesday	Thursday	Friday		
First Floor Studio	AM	9.15 - 10.15am Pilates with Justine Besch	7.30 - 8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Second Spring Menopause Yoga with Frannie Reed	09.45 - 10.45am Vinyasa Flow Yoga with Jules Turner	9.30 - 10.30am Pilates with Laura Kennedy		
	PM	6 - 7pm Mindful Movement & Hatha Yoga ~ Seasonal Focus with Sophie Darling	6 - 7pm 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	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 Strong & Slow Vinyasa Yoga with Laura Mitchell	10.30am - 1pm My Space 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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Second Floor Art Studio	AM		10.30am - 1pm Watercolour Class with Rob and Sian Dudley		1 - 2pm Private Session Lucy Leyland	10am - 1pm Life Drawing Class		
	PM		2 - 4.30pm Watercolour Class with Rob and Sian Dudley					
Meeting Room (Second floor)	AM & PM			12.00 - 6pm Private Session Lucy Leyland	12 - 1pm Private Session Mark Maunsell-Thomas			