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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

<b>w/c 25.05.2026</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Ground Floor Quay Lane Studio</b>	<b>AM</b>	<del>11.15 - 12.15am</del> Baby Yoga with Sarah Scott	<del>9.30 - 10.30am</del> 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 Franny Morris  <b>12.30 - 1.30pm</b> Pilates with Franny Morris	<b>10 - 11.30am</b> Hatha Fusion Yoga with Lucie Minne	<b>9.30 - 11.30am</b> Ashtanga Yoga with Stephen Harding	<b>9am - 11am</b> Moving Together - Social Prescribing with Charlie Eaton	<b>11am - 12pm</b> Kung Fu with Bill Spraggs
	<b>PM</b>	<del>5.15 - 7.45pm</del> 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	<b>6 - 7pm</b> Yoga and Pilates Exercise to music with Leah Buckley	<b>5 - 6.30pm</b> SHDC - drop in event with Laura Eames  <del>4 - 8pm</del> Dance Classes with Faye Robertson  4.15 - 4.45pm Mini's Acro & Modern (ages 4-6 yrs)  4.45 - 5.45pm Acro & Freestyle (ages 6-10 yrs)  5.45 - 6.45pm Acro & Freestyle (ages 8+)  6.45 - 7.05pm Fierce Flexibility (ages 7+)  7.05 - 8.05pm Acro & Lyrical (9-17 yrs)	<del>5.30 - 6.30pm</del> Yin/Yang Yoga with Martina Edmonds			

w/c 25.05.2026		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 - 12pm</b> Bearnes Hampton and Littlewood - Valuations	<b>10 - 11am</b> Second Spring Menopause Yoga with Frannie Reed	<del>09.45 – 10.45am</del> Vinyasa Flow Yoga with Jules Turner	<b>9.30 - 10.30am</b> Pilates with Laura Kennedy		
	PM	<del>6 – 7pm</del> Mindful Movement & Hatha Yoga – Seasonal Focus with Sophie Darling	<b>6 - 7pm</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>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	<del>9.30 – 10.30am</del> Strong & Slow Vinyasa Yoga with Laura Mitchell		
	PM	<del>7 – 8pm</del> Flow and Restore Yoga with Sarah Scott	<del>6 – 6.45pm</del> Pregnancy Yoga with Sarah Scott  <b>7 – 8pm</b> 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 25.05.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Second Floor Art Studio</b>	AM		<del>10.30am - 1pm</del> Watercolour Class with Rob and Sian Dudley			10am - 1pm Life Drawing Class		
	PM		<del>2 - 4.30pm</del> Watercolour Class with Rob and Sian Dudley					
<b>Meeting Room (Second floor)</b>	AM & PM							