

correct at time of upload/printing		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 14.09.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor Quay Lane Studio	A M	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 12.30 - 1.30pm Pilates with Franny Morris	10 - 11.30am Hatha Fusion Yoga with Lucie Minne	9.30 - 11.30am Ashtanga Yoga with Stephen Harding	10 - 12pm Mindful Making with Harbour House	11am - 12pm Kung Fu with Bill Spraggs
	P M	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		4.15 - 7.45pm Dance Classes with Faye Robertson 4.15-4.45pm Mini's Acro & Modern (ages 4-6 yrs) 4.45-5.30pm Acro & Freestyle (ages 6-10 yrs) 5.30-6.30pm Acro & Freestyle (ages 8+) 6.30-6.45pm 'Flex 15' (ages 7+) 6.45-7.45pm Acro & Lyrical (9-17 yrs)	5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds			

w/c 14.09.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Studio	A M	9.15 - 10.15am Pilates with Laura Kennedy	7.30 - 8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Second Spring Menopause Yoga with Frannie Reed		9.30 - 10.30am Pilates with Justine Besch		
	P M		6 - 7pm Pilates with Aimie Freeston	6 - 7pm Pilates with Justine Besch 7.10 - 8.10pm Pilates with Justine Besch	2pm - 4pm Private Session Marchant Petit - Stuart Cartwright	7 - 9pm *NEW CLASS* Acting Classes - adults 18+ or 16+ with parents consent with Alex Dower		
Second Floor Studio	A M	10 - 11.15am Open Level Hatha Yoga with Catherine Seymour		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 Yoga Workshop with Lucie Minne	
	P M	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 Friday Night Yoga with Ina Dittfurth /Sophie Darling		

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