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 20.07.2026		**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** Making Together 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~~	**6 - 7pm** Yoga and Pilates Exercise to music with Leah Buckley	~~**4 - 8pm**~~ ~~Dance Classes~~ ~~with Faye Robertson~~ ~~**4 - 8pm**~~ ~~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+)~~ ~~6.45-7.05pmFierce~~ ~~Flexibility (ages 7+)~~ ~~7.05-8.05pm~~ ~~Acro & Lyrical (9-17 yrs)~~	~~**5.30 - 6.30pm**~~ ~~Yin/Yang Yoga~~ ~~with Martina Edmonds~~			

w/c 20.07.2026		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**~~ ~~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	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		
	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**~~ ~~Dynamic & Creative Flow Yoga~~ ~~with Chloe Garland~~	~~**6 - 7pm**~~ ~~Friday Night Yoga~~ ~~with Ina Dittfurth~~ ~~/Sophie Darling~~		

w/c 20.07.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Second Floor Art Studio	A M	~~**10.30am - 1pm**~~ ~~Portrait Class~~	~~**10.30am - 1pm**~~ ~~Watercolour Class with Rob and Sian Dudley~~			~~**10am - 1pm**~~ ~~Life Drawing Class~~		
	P M							
Meeting Room (Second floor)	A M & P M							

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 27.07.2026		**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	**7 - 9pm** Free Entry 'Circumstance' see posters at HH Presented by Sam Richards & Stephen Harding	**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~~	**6 - 7pm** Yoga and Pilates Exercise to music with Leah Buckley	~~**4 - 8pm**~~ ~~Dance Classes~~ ~~with Faye Robertson~~ ~~**4 - 8pm**~~ ~~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+)~~ ~~6.45-7.05pmFierce~~ ~~Flexibility (ages 7+)~~ ~~7.05-8.05pm~~ ~~Acro & Lyrical (9-17 yrs)~~	~~**5.30 - 6.30pm**~~ ~~Yin/Yang Yoga~~ ~~with Martina Edmonds~~			

w/c 27.07.2026		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 - 12pm** Bearnes Hampton and Littlewood - Valuations	**10 - 11am** Second Spring Menopause Yoga with Frannie Reed		~~**9.30 - 10.30am**~~ ~~Pilates~~ ~~with Justine Besch~~		
	P M	~~**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	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		
	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**~~ ~~Dynamic & Creative Flow Yoga~~ ~~with Chloe Garland~~	~~**6 - 7pm**~~ ~~Friday Night Yoga~~ ~~with Ina Dittfurth /Sophie Darling~~		

w/c 27.07.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Second Floor Art Studio	A M	~~**10.30am - 1pm**~~ ~~Portrait Class~~	~~**10.30am - 1pm**~~ ~~Watercolour Class with Rob and Sian Dudley~~			**10am - 1pm** Life Drawing Class		
	P M							
Meeting Room (Second floor)	A M & P M		**10.30am - 1pm** Private Session Hannah Fuchs **7 - 8pm** Private Session Gemma Marshall		**9 - 10am** Private Session Mark Maunsell-Thomas			