

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

correct at time of upload/printing		Harbour House Wellbeing						
w/c 24.08.2026		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		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+) 6.45-7.05pm Fierce Flexibility (ages 7+) 7.05-8.05pm Acro & Lyrical (9-17 yrs)	5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds			

w/c 24.08.2026		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 24.08.2026		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 - 11.30pm Private Session Caroline Dale	10.30am - 12.30pm Private Session Hannah Fuchs	12 - 1pm Private Session Mark Maunsell-Thomas			

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w/c 31.08.2026

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

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 - 7.05pm Fierce
Flexibility (ages 7+)

7.05 - 8.05pm
Acro & Lyrical (9-17 yrs)

~~5.30 - 6.30pm~~
Yin/Yang Yoga
with Martina Edmonds

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	P M							
Meeting Room (Second floor)	A M & P M		10.30am - 11.30pm Private Session Caroline Dale			11.00am - 12.30pm Conscious Cafe group meeting - pre book or drop-in Caroline Dale		