

correct at time of upload/printing		Harbour House Wellbeing - **Easter Holidays 2026** reduced schedule 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 30.03.2026		Monday	Tuesday	Wednesday	Thursday	Good Friday	Saturday	Sunday
Ground Floor Quay Lane Studio	AM	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	10 - 11.30am Hatha Fusion Yoga with Lucie Minne	9.30 - 11.30am Ashtanga Yoga with Stephen Harding	10am - 12pm Tom Kaniok, The Tree That Grew Arms - Grafting Workshop, *see Harbour House website for more details and to book*	11am - 12pm Kung Fu with Bill Spraggs
	PM	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	12.30 - 1.30pm Pilates with Franny Morris 3.50 - 7.50pm Dance Classes with Faye Robertson 4-4.30pm Mini's Acro & Modern (ages 4-6 yrs) 4.30-5.30pm Acro & Freestyle (ages 6-10 yrs) 5.30-6.30pm Acro & Freestyle (ages 8+) 6.30-6.50pm Fierce Flexibility (ages 7+) 6.50-7.50pm Acro & Lyrical (9-17 yrs)	5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds 6 - 7pm Dynamic & Creative Flow Yoga with Chloe Garland - <i>Quay Lane Studio just for this week - event in gallery/cafe</i>			

w/c 30.03.2026		Monday	Tuesday	Wednesday	Thursday	Good Friday	Saturday	Sunday
First Floor Studio	AM	9.15 - 10.15am Pilates with Justine Besch 10.45 - 11.45am Fitness Freestyle Yoga with Sophie Carr	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		
	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 Friday Night Yoga with Ina Dittfurth /Sophie Darling		

w/c 30.03.2026		Monday	Tuesday	Wednesday	Thursday	Good Friday	Saturday	Sunday
Second Floor Art Studio	AM	10.30am - 1pm Portrait Class	10.30am - 1pm Watercolour Class with Rob and Sian Dudley			10.30am - 1pm Life Drawing Class		
	PM		2 - 4.30pm Watercolour Class with Rob and Sian Dudley					
Meeting Room (Second floor)	AM & PM		11am - 2pm Private Session Hannah Fuchs 4 - 5pm Private Session Mark Maunsell-Thomas	10am - 1pm Private Session Hannah Fuchs 1.30 - 2.30pm Private Session Dave Davies	6am - 11pm Private Booking *NO ACCESS*			

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w/c 06.04.2026		Easter Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor Quay Lane Studio	AM	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	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
	PM	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	12.30 - 1.30pm Pilates with Franny Morris 3.50 - 7.50pm Dance Classes with Faye Robertson 4-4.30pm Mini's Acro & Modern (ages 4-6 yrs) 4.30-5.30pm Acro & Freestyle (ages 6-10 yrs) 5.30-6.30pm Acro & Freestyle (ages 8+) 6.30-6.50pm Fierce Flexibility (ages 7+) 6.50-7.50pm Acro & Lyrical (9-17 yrs)	5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds			

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	PM	<p>6 – 7pm Mindful Movement & Hatha Yoga – Seasonal Focus with Sophie Darling</p>	<p>6 - 7pm Pilates with Aimie Freeston</p>	<p>6 - 7pm Pilates with Franny Morris</p> <p>7.10 - 8.10pm Pilates with Franny Morris</p>				
Second Floor Studio	AM	<p>7.30 – 8.30am Slow Flow Yoga with Francesca Stafford</p> <p>10 – 11.10am Open Level Hatha Yoga with Catherine Seymour</p> <p>11.20 – 12.30pm Open Level Hatha Yoga with Catherine Seymour</p>	<p>9.30 – 10.30am Vinyasa Flow Yoga with Jules Turner</p>	<p>10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle</p>	<p>7.30 – 8.30am Vinyasa Flow Yoga with Francesca Stafford</p> <p>9.30 - 10.30am Pilates with Franny Morris</p> <p>10.40- 11.40am Pilates (bone health) with Franny Morris</p>	<p>9.30 - 10.30am Strong & Slow Vinyasa Yoga with Laura Mitchell</p>	<p>10.30am - 1pm Yoga Workshop - ‘Gently going deeper’ with Lucie Minne</p>	
	PM	<p>7 – 8pm Flow and Restore Yoga with Sarah Scott</p>	<p>6 - 6.45pm Pregnancy Yoga with Sarah Scott</p> <p>7 - 8pm Dynamic Hatha Yoga with Sarah Scott</p>		<p>6 – 7pm Dynamic & Creative Flow Yoga with Chloe Garland</p>	<p>6 - 7pm Friday Night Yoga with Ina Dittfurth /Sophie Darling</p>		

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	PM		2 - 4.30pm Watercolour Class with Rob and Sian Dudley					
Meeting Room (Second floor)	AM & PM			1.30 - 2.30pm Private Session Dave Davies			6am - 11pm Private Booking *NO ACCESS*	6am - 11pm Private Booking *NO ACCESS*