

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 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

12.30 - 4.30pm
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

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 31.08.2026		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 11.00am - 12.30pm Conscious Cafe group meeting - pre book or drop-in Caroline Dale		
	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		

[illegible]