

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 05.10.2026

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
Moving/Making
Together
with Harbour
House

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

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

7 - 9pm
Acting Classes -
adults 18+ or 16+
with parents consent
with Alex Dower

*Quay Lane studio
this week only, usually
first floor studio

w/c 05.10.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Studio	A M	9.15 - 10.15am Pilates with Laura Kennedy	10.30 - 11.30am Private Session Caroline Dale	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				
Second Floor Studio	A M	10 - 11.15am Open Level Hatha Yoga with Catherine Seymour	7.30 - 8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle	7.30 - 8.30am *NEW Class* Vinyasa Flow Yoga with Laura Mitchell 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 Dynamic Hatha Yoga with Sarah Scott	6 - 6.45pm Pregnancy Yoga with Sarah Scott 7 - 8pm Flow and Restore Yoga with Sarah Scott			6 - 7pm Friday Night Yoga with Ina Dittfurth /Sophie Darling		

[illegible]