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 08.06.2026		**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~~ ~~**12.30 - 1.30pm**~~ ~~Pilates~~ ~~with Franny Morris~~ **9am - 3pm** Private Booking **No Access**	**10 - 11.30am** Hatha Fusion Yoga with Lucie Minne	**9.30 - 11.30am** Ashtanga Yoga with Stephen Harding	**9am - 1pm** Mindful Movement Activities - see HH website for 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	**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 08.06.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Studio	AM	**9.15 - 10.15am** Pilates with Justine Besch	**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 **11.30 - 12.30pm** Laurence Ledbetter - LJL Property Management	**9.30 - 10.30am** Pilates with Laura Kennedy	**9am - 2.30pm** Private Booking - Cafe & HH - Artist in Conversation Lunch	
	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	**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** Dynamic & Creative Flow Yoga with Chloe Garland	**6 - 7pm** Friday Night Yoga with Ina Dittfurth /Sophie Darling		

w/c 08.06.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Second Floor Art Studio	AM	~~**10.30am - 1pm**~~ ~~Portrait Class~~	**10.30am - 1pm** Watercolour Class with Rob and Sian Dudley			**10am - 1pm** Life Drawing Class		
	PM		~~**2 - 4.30pm**~~ ~~Watercolour Class with Rob and Sian Dudley~~					
Meeting Room (Second floor)	AM & PM	**10am - 12.30pm** Private Session Hannah Fuchs		**1 - 5pm** Private Session Lucy Leyland		**2 - 11pm** Private Booking **No Access**	**8am - 4pm** Private Booking **No Access**	

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w/c 15.06.2026		**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 **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 15.06.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Studio	AM	**9.15 - 10.15am** Pilates with Justine Besch	**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	**2 - 5pm** Private Booking Marchant Petit			
Second Floor Studio	AM	**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** Dynamic & Creative Flow Yoga with Chloe Garland	**6 - 7pm** Friday Night Yoga with Ina Dittfurth /Sophie Darling		

w/c 15.06.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Second Floor Art Studio	AM	**10am - 1pm** Private Session	**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	**10am - 12.30pm** Private Session Hannah Fuchs		**12 - 6pm** Private Session Lucy Leyland	**1 - 5pm** Private Session Lucy Leyland			