

W/C 29 April 2024		<h2 style="text-align: center;">Harbour House Wellbeing Timetable</h2> <p style="text-align: center;">Please contact teachers directly to book.</p>						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor: Quay Lane Studio	AM	9.30 - 10.30am Ballet Be Fit with Katie Douglas 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	10 - 11am Pilates with Aimie Freeston	10 - 11.30am Hatha Fusion Yoga with Lucie Minne	9.30- 11.30am Ashtanga Yoga with Stephen Harding		11 am – 12pm Kung Fu with Bill Spraggs
	PM	5.45pm - 7pm Yoga with Emily Price	12 - 12.45pm Beginners Pilates with Jo Ellis 2 - 2.50pm Extend: Keep Fit with Sue Kershaw 3 - 4pm Extend: Keep Fit with Sue Kershaw	12:30 - 1:30pm Pilates with Franny Morris 7 - 9pm Tai Chi with Derek Bates	5.30 - 7pm Yin/Yang Yoga with Martina Edmonds	4.45 - 5.30pm Junior Contemporary with Miss Lauren 5.30 - 6.15pm Senior Contemporary with Miss Lauren 6.15 - 7 pm Inter Street Dance 1 with Miss Lauren 7 - 7.45pm Inter Street Dance 2 with Miss Lauren		
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		9.30 - 10.30am Pilates with Justine Besch		
	PM	6 - 7pm Flow with the Seasons Yoga with Sophie Darling						

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Second Floor Studio	AM	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford 10 - 11.15am Open Level Hatha Yoga with Catherine Seymour 11.30 - 12.45pm Open Level Hatha Yoga with Catherine Seymour	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner	7 - 8am Sunrise Yoga - Ashtanga Vinyasa with Kate Feest 10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle	9.30 - 10.30am Pilates with Franny Morris 10.40- 11.40am Pilates (bone health) with Franny Morris	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner	8 - 9am Rise & Energise Yoga with Sophie Darling	
	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 Pilates with Franny Morris 7.10 - 8.10pm Pilates with Franny Morris	6 - 7pm Dynamic & Creative Flow Yoga with Chloe Garland	6 - 7pm Friday Night Yoga with Ina Dittfurth or Sophie Darling		
Second Floor Art Studio	AM		10am - 1pm Watercolour Classes with Rob and Sian Dudley	10am - 2pm Kingsbridge and South Hams Art Club		10.30am - 1pm Life Drawing		
	PM	1 - 4pm Kingsbridge and South Hams Art Club	2 - 5pm Watercolour Classes with Rob and Sian Dudley			2 - 4.30pm Life Drawing		
Small Meeting Room (Second floor)	AM							
	PM			12 - 1pm Heart Rhythm Meditation with Caroline Dale				

Meeting Room (Second floor)	AM							
	PM							

W/C 6 May 2024		<h2 style="text-align: center;">Harbour House Wellbeing Timetable</h2> <p style="text-align: center;">Please contact teachers directly to book.</p>						
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor: Quay Lane Studio	AM		9.30 - 10.30am Well-Woman Yoga with Kathy Courage 11-11.45am Beginners Pilates with Jo Ellis	10 - 11am Pilates with Aimie Freeston	10 - 11.30am Hatha Fusion Yoga with Lucie Minne	9.30- 11.30am Ashtanga Yoga with Stephen Harding	10.30am-12.30pm FREE Creative Workshop with Kingsbridge Nature Festival	11 am – 12pm Kung Fu with Bill Spraggs
	PM	5.45pm - 7pm Yoga with Emily Price	12 - 12.45pm Beginners Pilates with Jo Ellis	7 - 9pm Tai Chi with Derek Bates	s	4.45 - 5.30pm Junior Contemporary with Miss Lauren 5.30 - 6.15pm Senior Contemporary with Miss Lauren 6.15 - 7 pm Inter Street Dance 1 with Miss Lauren 7 - 7.45pm Inter Street Dance 2 with Miss Lauren		
First Floor Studio	AM	9.15 - 10.15am Pilates with Justine Besch		10 - 11am Second Spring Menopause Yoga with Frannie Reed		9.30 - 10.30am Pilates with Justine Besch		
	PM							

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Second Floor Studio	AM	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford 10 - 11.15am Open Level Hatha Yoga with Catherine Seymour 11.30 - 12.45pm Open Level Hatha Yoga with Catherine Seymour	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner	7 - 8am Sunrise Yoga - Ashtanga Vinyasa with Kate Feest	7.30 - 8.30am Slow Flow Yoga with Francesca Stafford	9.30 - 10.30am Vinyasa Flow Yoga with Jules Turner		
	PM		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			
Second Floor Art Studio	AM		10am - 1pm Watercolour Classes with Rob and Sian Dudley	10am - 2pm Kingsbridge and South Hams Art Club		10.30am - 1pm Life Drawing		
	PM		2 - 5pm Watercolour Classes with Rob and Sian Dudley			2 - 4.30pm Life Drawing		
Small Meeting Room (Second floor)	AM							
	PM							

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