

W/C 22 July 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	11.15 - 12.15am Baby Yoga with Sarah Scott	9.30 - 10.30am Well-Woman Yoga with Kathy Courage		10 - 11.30am Hatha Fusion Yoga with Lucie Minne 11.30am - 1pm <i>*Private Session*</i> with Lucie Minne	9.30- 11.30am Ashtanga Yoga with Stephen Harding		
	PM		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	5.30 - 7pm Yin/Yang Yoga with Martina Edmonds			
First Floor Studio	AM		7.30 - 8.30am Rise & Shine Yoga with Sophie Darling 10 - 12pm Beards Hampton and Littlewoods - Valuations	10 - 11am Second Spring Menopause Yoga with Frannie Reed				
	PM	6 - 7pm Flow with the Seasons Yoga with Sophie Darling						

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Second Floor Studio	AM			7 - 8am Sunrise Yoga - Ashtanga Vinyasa with Kate Feest 10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle	7.30 - 8.30am Dynamic Vinyasa 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 Vinyasa Flow Yoga with Jules Turner	8 - 9am Rise & Energise Yoga with Sophie Darling	
	PM		6 - 6.45pm Pregnancy Yoga with Sarah Scott 7 - 8pm Flow and Restore 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 - 2pm Kingsbridge and South Hams Art Club		10.30am - 1pm Life Drawing		
	PM	1 - 4pm Kingsbridge and South Hams Art Club						
Meeting Room (Second floor)	AM & PM	9.45 - 10.45am Private Session Mark Maunsell-Thomas	12.45 - 1.45pm Private Session Liam Staple 3.30-5.30pm Private Session Deborah Pleasants 7-9pm Mens Growth Sessions with Ben Davies		11.15am - 12.15pm Private Session Mark Maunsell-Thomas			

