

# Harbour House Wellbeing Timetable

Please contact teachers directly to book.

W/C 29 April 2024								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ground Floor: Quay Lane Studio</b>	AM	<b>9.30 - 10.30am</b> Ballet Be Fit with Katie Douglas  <b>11.15 - 12.15am</b> Baby Yoga with Sarah Scott	<b>9.30 - 10.30am</b> Well-Woman Yoga with Kathy Courage  <b>11-11.45am</b> Beginners Pilates with Jo Ellis	<b>10 - 11am</b> Pilates with Aimie Freeston	<b>10 - 11.30am</b> Hatha Fusion Yoga with Lucie Minne	<b>9.30- 11.30am</b> Ashtanga Yoga with Stephen Harding		<b>11 am – 12pm</b> Kung Fu with Bill Spraggs
	PM	<b>5.45pm - 7pm</b> Yoga with Emily Price	<b>12 - 12.45pm</b> Beginners Pilates with Jo Ellis  <b>2 - 2.50pm</b> Extend: Keep Fit with Sue Kershaw  <b>3 - 4pm</b> Extend: Keep Fit with Sue Kershaw	<b>12:30 - 1:30pm</b> Pilates with Franny Morris  <b>7 - 9pm</b> Tai Chi with Derek Bates	<b>5.30 - 7pm</b> Yin/Yang Yoga with Martina Edmonds	<b>4.45 - 5.30pm</b> Junior Contemporary with Miss Lauren  <b>5.30 - 6.15pm</b> Senior Contemporary with Miss Lauren  <b>6.15 - 7 pm</b> Inter Street Dance 1 with Miss Lauren  <b>7 - 7.45pm</b> Inter Street Dance 2 with Miss Lauren		
<b>First Floor Studio</b>	AM	<b>9.15 - 10.15am</b> Pilates with Justine Besch	<b>7.30 - 8.30am</b> Rise & Shine Yoga with Sophie Darling	<b>10 - 11am</b> Second Spring Menopause Yoga with Frannie Reed		<b>9.30 - 10.30am</b> Pilates with Justine Besch		
	PM	<b>6 - 7pm</b> Flow with the Seasons Yoga with Sophie Darling						

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Second Floor Studio</b>	AM	<b>7.30 - 8.30am</b> Slow Flow Yoga with Francesca Stafford  <b>10 - 11.15am</b> Open Level Hatha Yoga with Catherine Seymour  <b>11.30 - 12.45pm</b> Open Level Hatha Yoga with Catherine Seymour	<b>9.30 - 10.30am</b> Vinyasa Flow Yoga with Jules Turner	<b>7 - 8am</b> Sunrise Yoga - Ashtanga Vinyasa with Kate Feest  <b>10 - 11am</b> Mixed Ability Hatha Yoga Flow with Caroline Biddle	<b>9.30 - 10.30am</b> Pilates with Franny Morris  <b>10.40- 11.40am</b> Pilates (bone health) with Franny Morris	<b>9.30 - 10.30am</b> Vinyasa Flow Yoga with Jules Turner	<b>8 - 9am</b> Rise & Energise Yoga with Sophie Darling	
	PM	<b>7 - 8pm</b> Flow and Restore Yoga with Sarah Scott	<b>6 - 6.45pm</b> Pregnancy Yoga with Sarah Scott  <b>7 - 8pm</b> Dynamic Hatha Yoga with Sarah Scott	<b>6 - 7pm</b> Pilates with Franny Morris  <b>7.10 - 8.10pm</b> Pilates with Franny Morris	<b>6 - 7pm</b> Dynamic & Creative Flow Yoga with Chloe Garland	<b>6 - 7pm</b> Friday Night Yoga with Ina Dittfurth or Sophie Darling		
<b>Second Floor Art Studio</b>	AM		<b>10am - 1pm</b> Watercolour Classes with Rob and Sian Dudley	<b>10am - 2pm</b> Kingsbridge and South Hams Art Club		<b>10.30am - 1pm</b> Life Drawing		
	PM	<b>1 - 4pm</b> Kingsbridge and South Hams Art Club	<b>2 - 5pm</b> Watercolour Classes with Rob and Sian Dudley			<b>2 - 4.30pm</b> Life Drawing		
<b>Small Meeting Room (Second floor)</b>	AM							
	PM			<b>12 - 1pm</b> Heart Rhythm Meditation with Caroline Dale				

<b>Meeting Room (Second floor)</b>	AM							
	PM							