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 09.11.2026		**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	**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		**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			

w/c 09.11.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Studio	AM	**9.15 - 10.15am** Pilates with Laura Kennedy		**10 - 11am** Second Spring Menopause Yoga with Frannie Reed		**9.30 - 10.30am** Pilates with Justine Besch		
	PM		**6 - 7pm** Pilates with Aimie Freeston	**6 - 7pm** Pilates with Justine Besch		**7 - 9pm** Acting Classes - adults 18+ or 16+ with parents consent with Alex Dower		
Second Floor Studio	AM	**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** 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	**10.30am - 1pm** Yoga Workshop - 'Gently going deeper' with Lucie Minne	
	PM	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		

w/c 09.11.2026		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Second Floor Art Studio	AM	**10am - 1pm** Life Drawing Class	**10am - 1pm** Watercolour Classes with Rob and Sian Dudley	**10.30 - 11.30am** Private Session Caroline Dale		**10am - 1pm** Life Drawing Class		
	PM			**1pm - 5pm** Private Session Lucy Leyland				
Meeting Room (Second floor)	AM & PM	**not available**	**not available**	**not available**	**not available**	**not available**	**not available**	**not available**