

correct at time of upload/printing		Harbour House Wellbeing Timetable - Summer 2025 *reduced schedule Please contact teachers directly to book - see our Teachers Page for further information and contact details. *please note many of our freelance teachers, teach during term time only						
w/c 04.08.2025		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ground Floor: Quay Lane Studio	AM	9 - 6pm Food Bank Week	9 - 6pm Food Bank Week	9 - 6pm Food Bank Week	9 - 6pm Food Bank Week	9 - 6pm Food Bank Week	10am - 12 noon Activities 115 Photography workshop	
	PM	9 - 6pm Food Bank Week	9 - 6pm Food Bank Week	9 - 6pm Food Bank Week	9 - 6pm Food Bank Week	9 - 6pm Food Bank Week		
First Floor Studio	AM	9.15 - 10.15am Pilates with Laura Kennedy	7.30-8.30am Rise & Shine Yoga with Sophie Darling	10 - 11am Second Spring Menopause Yoga with Frannie Reed		9.30- 11.30am Ashtanga Yoga with Stephen Harding		
	PM	6-7pm Flow with the Seasons Yoga with Sophie Darling	6.30 - 7.30pm Pilates with Aimie Freeston	11.30am - 1.30pm Pilates with Frannie Morris	5.30-6.30pm Yin/Yang Yoga with Martina Edmonds			

[illegible]