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	9am - Ipm Photography workshop taking place at Activities II5				
	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 Sophic 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 Sophic Darling	6.30 - 7.30pm Pilates with Aimie Freeston	II.30am - I.30pm Pilates with Frannie Morris	5.30 - 6.30pm Yin/Yang Yoga with Martina Edmonds						

w/c		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04.08.2025								
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 Vinyasa Flow Yoga with Francesca Stafford  10 - 11am Mixed Ability Hatha Yoga Flow with Caroline Biddle	7.30 - 8.30am Vinyasa Flow 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	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:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Art Studio	AM	10 - 11am Private booking with Caroline Dale	Heam - Ipm Watercolour Classes with Rob and Sian Dudley			10.30am - 1pm Life Drawing		
	PM		2 - 5pm Watercolour Classes with Rob and Sian Dudley					
Meeting Room (Second floor)	AM & PM	Private booking - no access	Private booking - no access	Private booking - no access	Private booking - no access	Private booking - no access	Private booking - no access	Private booking - no access