



Sign-up on-line at: bodylinespilates.com

HARVARD

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Heather: Adv. Mat		Rachel: Jumpboard				
6:30am							
7:30am	Nickie: Reformer						
8:30am	Leah: Jumpboard Louise: Chair		Louise: Chair	Louise: Reformer			
9:30am	Karen: Intermediate Classical Flow			Karen: Strength Reformer	Louise: Reformer	Heather: Chair	Heather: Jumpboard
10:00am							
10:30am	Nickie: Tower		Louise: Jumpboard		Leah: Jumpboard	Louise: Jumpboard	
4:30pm			Nancy: Reformer				
5:00pm							
5:30pm	Meghan: Inter/Adv. Reformer	Heather: Jumpboard		Meghan-TBD Starting 3/25			
6:00pm							
6:30pm			Nancy: Reformer				

www.bodylinespilates.com

978-456-0035

bodylinespilates@yahoo.com

As of 1/2025