



ensō athletica

# Schedule

Updated January 2020

Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	Studio
D	12:00 • 12:45	ensō athletica (45 min.)		ensō athletica (45 min.)		ensō athletica (45 min.)	ensō athletica (60 min.)	ensō athletica (60 min.)	12:00 • 1:00	D
D	5:30 • 6:15	ensō athletica (45 min.)	ensō athletica (45 min.)	ensō athletica (45 min.)	ensō athletica (45 min.)	ensō athletica (45 min.)				
D	6:30 • 7:15	ensō athletica (45 min.)	ensō athletica (45 min.)	ensō athletica (45 min.)	ensō athletica (45 min.)	ensō athletica (45 min.)				

*\* classes & times subject to change without notice*