



# ensō athletica

## Schedule

Updated September 2019

| Studio | Time          | Monday                      | Tuesday                     | Wednesday                   | Thursday                    | Friday                      | Saturday                    | Sunday                      | Time          | Studio |
|--------|---------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|---------------|--------|
| D      | 12:00 • 12:45 |                             | ensō athletica<br>(45 min.) |                             | ensō athletica<br>(45 min.) |                             | ensō athletica<br>(45 min.) | ensō athletica<br>(45 min.) | 12:00 • 12:45 | D      |
| D      | 5:30 • 6:15   | ensō athletica<br>(45 min.) | ensō athletica<br>(45 min.) | ensō athletica<br>(45 min.) | ensō athletica<br>(45 min.) |                             |                             |                             |               |        |
| D      | 6:30 • 7:15   | ensō athletica<br>(45 min.) | ensō athletica<br>(45 min.) | ensō athletica<br>(45 min.) | ensō athletica<br>(45 min.) | ensō athletica<br>(45 min.) |                             |                             |               |        |

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