



ensō yoga

Hot Barre & Pilates Schedule

June 11 to September 2, 2018

Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	Studio
B	7:15 • 8:15			ensō hot barre (60 min.)						
A	9:30 • 10:30		ensō hot barre (60 min.)	ensō hot pilates (60 min.)	ensō hot barre (60 min.)		ensō hot barre (60 min.)	ensō hot pilates (60 min.)	9:30 • 10:30	A
							ensō hot barre HIIT (45 min.)	ensō hot barre HIIT (45 min.)	11:00 • 11:45	A
A	12:15 • 1:15	ensō hot barre (60 min.)	ensō hot pilates (60 min.)	ensō hot barre (60 min.)	ensō hot pilates (60 min.)	ensō hot barre (60 min.)				
A	3:00 • 4:00		\$15 ensō hot barre (60 min.)		\$15 ensō hot barre (60 min.)					
A	6:30 • 7:15	ensō hot pilates (45 min.)	ensō hot pilates (45 min.)	ensō hot barre HIIT (45 min.)	ensō hot barre HIIT (45 min.)	ensō hot barre HIIT (45 min.)				
A	7:30 • 8:30	ensō hot barre (60 min.)	ensō hot barre (60 min.)	ensō hot pilates (60 min.)	ensō hot barre (60 min.)	ensō hot pilates (60 min.)				

** classes & times subject to change without notice*