



ensō yoga

# i like it hot!

As of January 8th 2018

Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	Studio
B	7:15 • 8:15		ensō hot flow (60)		ensō hot flow (60)					
B	10:00 • 11:00	\$15 ensō hot flow (60)	\$15 ensō hot flow (60)	\$15 ensō hot flow (60)	\$15 ensō hot flow (60)	\$15 ensō hot flow (60)	ensō hot barre (60)	ensō hot barre (60)	10:00 • 11:00	A
							\$15 ensō hot flow (60)	\$15 ensō hot flow (60)	11:00 • 12:00	B
B	12:00 • 1:00	ensō hot lunch (60)	ensō hot lunch (60)	ensō hot lunch (60)	ensō hot lunch (60)	ensō hot lunch (60)	ensō hot flow (75)	ensō hot flow (75)	12:00 • 1:15	A
A	12:15 • 1:15	ensō hot barre (60)	ensō hot pilates (60)	ensō hot barre (60)	ensō hot pilates (60)	ensō hot barre (60)				
A	3:00 • 4:00	\$15 ensō hot flow (60)		\$15 ensō hot flow (60)						
B	4:30 • 5:30	ensō hot flow (60)	ensō hot flow (60)	ensō hot flow (60)	ensō hot flow (60)	ensō hot flow (60)	\$15 ensō hot flow (60)	\$15 ensō hot flow (60)	4:30 • 5:30	A
A	5:30 • 6:30	ensō hot flow (60)	ensō hot flow (60)	ensō hot flow (60)	ensō hot flow (60)	ensō hot flow (60)	ensō hot yin (90)	ensō hot yin (90)	5:00 • 6:30	B
B	6:00 • 7:15	ensō hot yin (75)	ensō hot flow (75)	ensō hot flow (75)	ensō hot flow (75)	ensō hot yin (75)	ensō hot flow (75)	ensō hot flow (75)	6:00 • 7:15	A
A	7:00 • 8:00	ensō hot barre (60)	ensō hot barre (60)	ensō hot pilates (60)	ensō hot barre (60)	ensō hot barre (60)				
B	7:30 • 8:30	ensō hot flow (60)	ensō hot flow (60)	ensō hot yin (75)	ensō hot flow (60)	\$15 ensō hot flow (60)				

\* classes & times subject to change without notice