



ensō yoga

i like it hot!

As of January 6, 2019

Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	Studio
B	7:15 • 8:15		ensō hot flow (60 min.)	ensō hot barre (60 min.)	ensō hot flow (60 min.)					
							ensō hot barre (60 min.)	ensō hot barre (60 min.)	9:30 • 10:30	A
B	10:00 • 11:00	\$15 ensō hot flow (60 min.)	\$15 ensō hot barre (60 min.)	\$15 ensō hot flow (60 min.)	\$15 ensō hot barre (60 min.)	\$15 ensō hot flow (60 min.)	ensō hot power flow (90 min.)	ensō hot power flow (90 min.)	10:00 • 11:30	B
							ensō hot barre (60 min.)	ensō hot barre (60 min.)	11:00 • 12:00	A
B	12:00 • 1:00	ensō hot lunch (60 min.)	ensō hot lunch (60 min.)	ensō hot lunch (60 min.)	ensō hot lunch (60 min.)	ensō hot lunch (60 min.)	ensō hot flow (75 min.)	ensō hot flow (75 min.)	12:00 • 1:15	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.)	\$15 ensō hot flow (60 min.)	\$15 ensō hot flow (60 min.)	12:30 • 1:30	B
A	3:00 • 4:00	\$15 ensō hot flow (60 min.)	\$15 ensō hot barre (60 min.)	\$15 ensō hot flow (60 min.)	\$15 ensō hot barre (60 min.)					
B	4:30 • 5:30	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot flow (60 min.)	\$15 ensō hot flow (60 min.)	\$15 ensō hot flow (60 min.)	4:30 • 5:30	A
A	5:15 • 6:15	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot yin (90)	ensō hot yin (90)	5:30 • 7:00	B
B	6:00 • 7:00	ensō hot yin (60 min.)	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot yin (60 min.)	ensō hot flow (75 min.)	ensō hot flow (75 min.)	6:00 • 7:15	A
A	6:30 • 7:15	ensō hot pilates (45 min.)	ensō hot pilates (45 min.)	ensō hot barre (45 min.)	ensō hot barre (45 min.)	ensō hot barre (45 min.)				
B	7:30 • 8:30	ensō hot flow (60 min.)	ensō hot flow (60 min.)	ensō hot yin (60 min.)	ensō hot flow (60 min.)	\$15 ensō hot flow (60 min.)				
A	7:30 • 8:30	ensō hot barre (60 min.)	ensō hot barre (60 min.)	ensō hot pilates (60 min.)	ensō hot pilates (60 min.)	ensō hot pilates (60 min.)				

* classes & times subject to change without notice