



ensō yoga

i like it hot!

June 11 to September 2, 2018

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.)					
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
B	10:00 • 11:00	\$15 ensō hot flow (60 min.)	\$15 ensō hot flow (60 min.)	\$15 ensō hot flow (60 min.)	\$15 ensō hot flow (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 HIIT (45 min.)	ensō hot barre HIIT (45 min.)	11:00 • 11:45	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	5:00 • 6:00	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 (75 min.)	ensō hot yin (75 min.)	5:30 • 6:45	B
B	6:00 • 7:15	ensō hot yin (75 min.)	ensō hot flow (75 min.)	ensō hot flow (75 min.)	ensō hot flow (75 min.)	ensō hot yin (75 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 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.)				
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.)				

* classes & times subject to change without notice