



ensō yoga

i like it hot !

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	\$10 ensō hot flow (60)	\$10 ensō hot flow (60)	\$10 ensō hot flow (60)	\$10 ensō hot flow (60)	\$10 ensō hot flow (60)	ensō hot barre flow (75)	ensō hot power flow (90)	10:00 • 11:30	B
							\$10 ensō hot flow (60)	\$10 ensō hot flow (60)	11:00 • 12:00	A
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	B
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	\$10 ensō hot flow (60)		\$10 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)	\$10 ensō hot flow (60)	\$10 ensō hot flow (60)	4:30 • 5:30	A
A	5:30 • 6:45	ensō hot flow (75)	ensō hot flow (75)	ensō hot flow (75)	ensō hot flow (75)	ensō hot flow (75)	ensō hot flow 5:30 • 6:45 (75)	ensō hot yin (90)	5:30 • 7:00	B
B	6:00 • 7:15	ensō hot flow (75)	ensō hot flow (75)	ensō hot flow (75)	ensō hot flow (75)	ensō hot flow (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 yin 7:00 • 8:15 (75)	ensō hot barre (60)	ensō hot barre (60)				
B	7:30 • 8:30	ensō hot flow (60)	ensō hot flow (60)	ensō hot pilates (60)	ensō hot flow (60)	\$10 ensō hot flow (60)				

* classes and times subject to change without notice