



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