



ENSO MOVEMENT DURHAM

COVID-19 CLASS SCHEDULE

MODIFIED SERVICES FOR RE-OPENING



○ QUICK NOTES

- **As of Friday, May 22nd, Phase II does not allow for gyms or health clubs to open. Our Phase II measures will only occur if there is a **modification to the North Carolina Phase II Re-opening**.**
- **Reduced maximum class size is 8.**
- **A Phase III Schedule will be introduced shortly.**
- **We are waiting to hear back from Triangle Circus Arts on updated measures for both Phase II and III. Including adding an additional temporary weekday for make-ups.**

ENSO MOVEMENT DURHAM COVID-19 PHASE II SCHEDULE

MON

TUE

WED

THU

FRI

SAT

04:00PM - 05:15PM
Y Parkour 1+

05:30PM - 06:45PM
Y Parkour 2+

06:30PM - 07:40PM
TA Parkour 1+

04:00PM - 05:15PM
Y Parkour 2+

05:30PM - 06:45PM
Y Parkour 1+

06:30PM - 07:40PM
TA Parkour 1+

ENSO MOVEMENT DURHAM

PHASE II CLASS SCHEDULE

MODIFIED CLASSES FOR COVID-19 SAFETY

TUESDAY

4:00PM

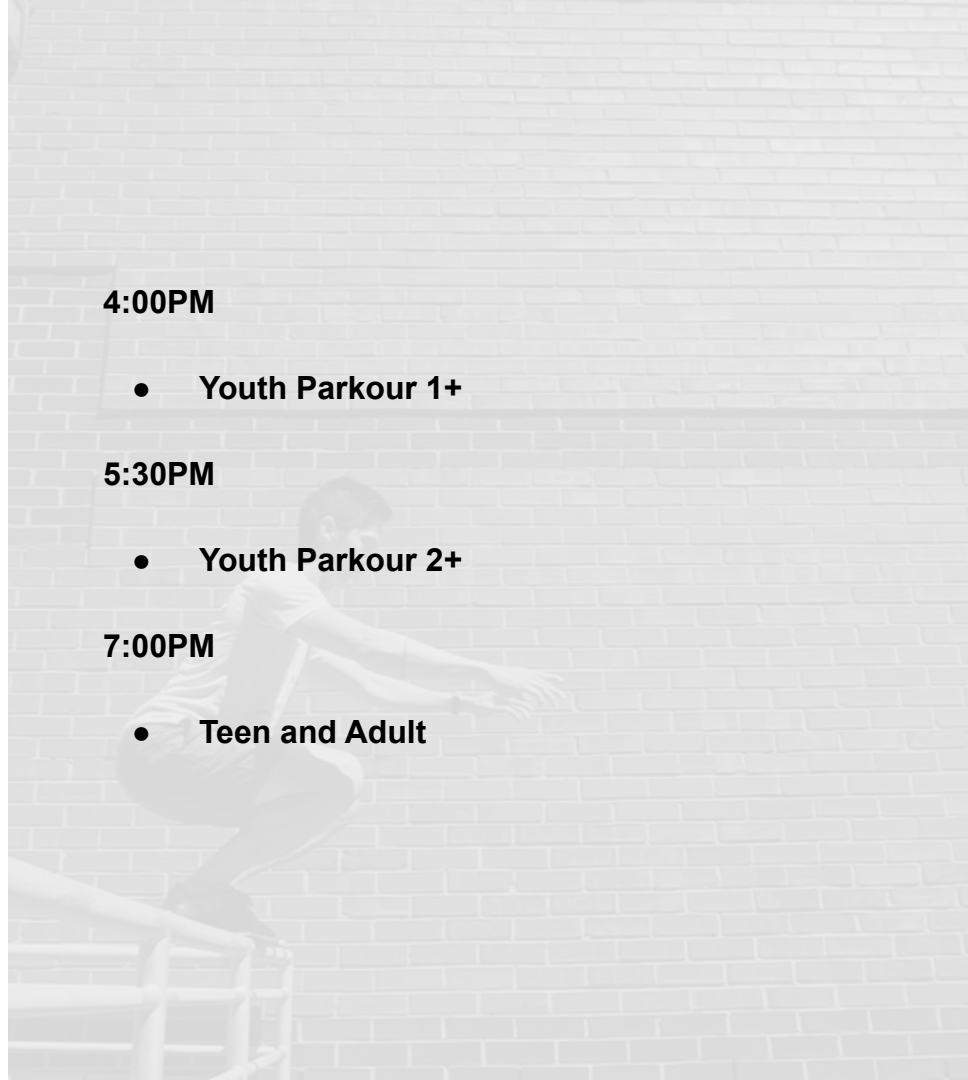
- Youth Parkour 1+

5:30PM

- Youth Parkour 2+

7:00PM

- Teen and Adult



THURSDAY

4:00PM

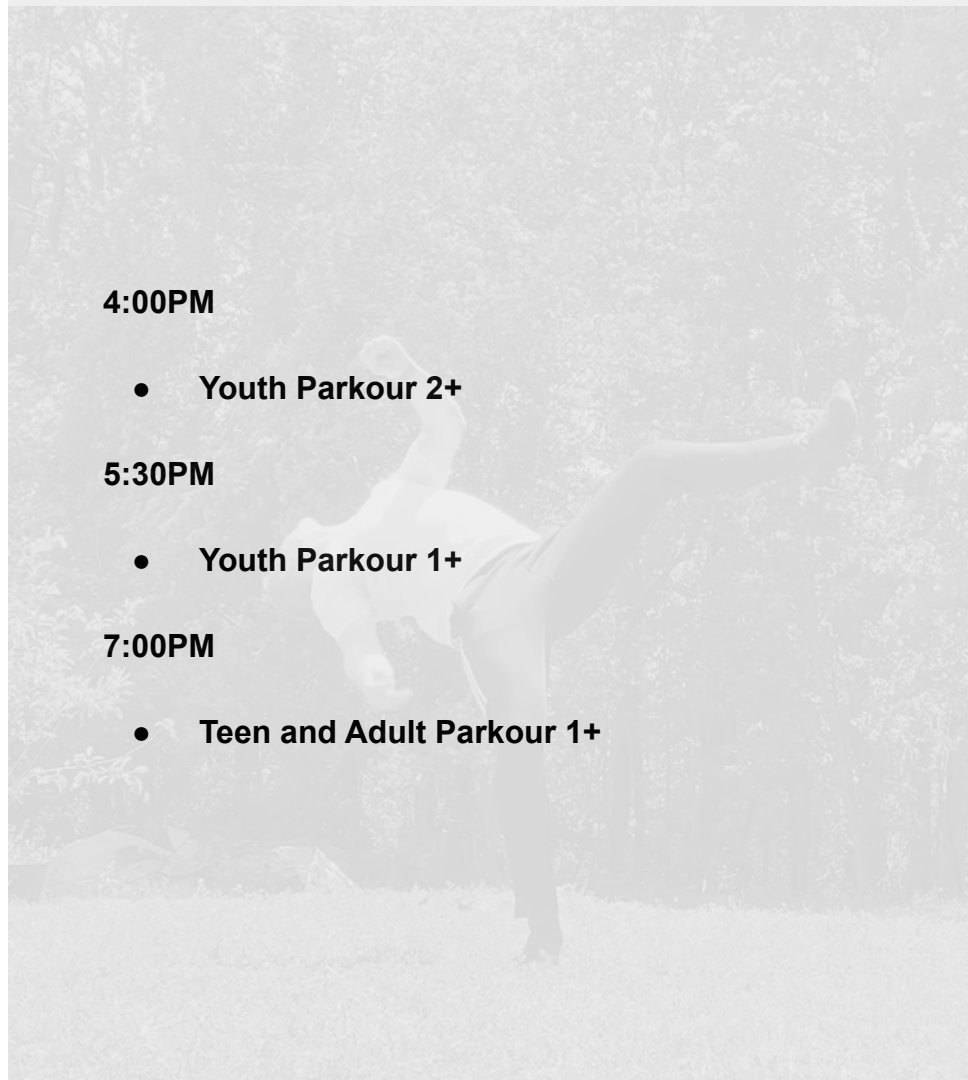
- Youth Parkour 2+

5:30PM

- Youth Parkour 1+

7:00PM

- Teen and Adult Parkour 1+



○ ONLINE RESOURCES

- Online Classes - [Zoom Schedule](#)
- [Parkour LEADs](#)
- [Quick Calisthenics Workout](#)
- [Calisthenics Strength Routine](#)
- [Exercise Database](#)
- [Outdoor Exercise Recommendations](#)

Want to see more? Let us know what resources you'd like to see added by e-mailing info@ensomovement.com

For additional updates,
visit our **COVID-19 BLOG**



ENSO MOVEMENT

parkour & movement fitness