



**ENSO MOVEMENT RALEIGH**

# **COVID-19 CLASS SCHEDULE**

**MODIFIED SERVICES FOR RE-OPENING**



## ○ QUICK NOTES

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- **As of Friday, May 22nd, Phase II does not allow for gyms or health clubs to open. Our Phase II Schedule will only occur if there is a **modification to the North Carolina Phase II Re-opening**.**
- **Reduced the number of simultaneous classes to maximize for physical distancing to the best of our ability.**
- **Reduced maximum class size is 8.**
- **A Phase III Schedule will be introduced shortly.**

# ENSO MOVEMENT

2020 COVID-19 PHASE II

## SCHEDULE

MON	TUE	WED	THU	FRI	SAT
02:45PM - 03:55PM Y Parkour 1+ Y Parkour 2+	04:00PM - 05:10PM Y Parkour 1+	02:30PM - 03:45PM Y Parkour 4+	04:00PM - 05:10PM Y Parkour 4+	04:00PM - 05:10PM Y Parkour 1+ Y Tumbling 1+	09:00AM - 10:10AM Y Parkour 1+
05:15PM - 06:25PM Y Parkour 1+ Y Tricking 1+	05:15PM - 06:25PM Y Parkour 2+ TA Tricking 1+	05:15PM - 06:25PM Y Parkour 1+ TA Tricking 4+	05:15PM - 06:25PM Y Parkour 1+ TA Tricking 1+	05:15PM - 06:25PM Y Parkour 2+ TA Tumbling 1+	10:15AM - 11:25AM Y Parkour 2+
06:30PM - 07:40PM TA Parkour 1+ TA Tricking 1+	06:30PM - 07:40PM Y Parkour 4+ TA Handbalancing	06:30PM - 07:40PM Y Parkour 2+ TA Calisthenics	06:30PM - 07:40PM TA Parkour 2+ TA Handbalancing		12:00PM - 02:00PM Y Open Gym
07:45PM - 08:55PM TA Parkour 1+ TA Freerunning 4+	07:45PM - 08:55PM TA Parkour 4+ Flexibility	07:45PM - 08:55PM TA Parkour 2+	07:45PM - 08:55PM Flexibility		02:00PM - 04:00PM TA Open Gym
		04:00PM - 05:00PM Open Gym	08:00PM - 10:00PM Open Gym		<b>SUN</b>
					03:15PM - 04:25PM TA Calisthenics
					04:30PM - 05:45PM TA Handbalancing

Y = Youth (Ages 6 - 12) | TA = Teen and Adult (Ages 13+)

**ENSO MOVEMENT RALEIGH**

# **PHASE II CLASS SCHEDULE**

**MODIFIED CLASSES FOR COVID-19 SAFETY**

# MONDAY

**2:45PM**

- Youth Parkour 1+
- Youth Parkour 2+

**5:15PM**

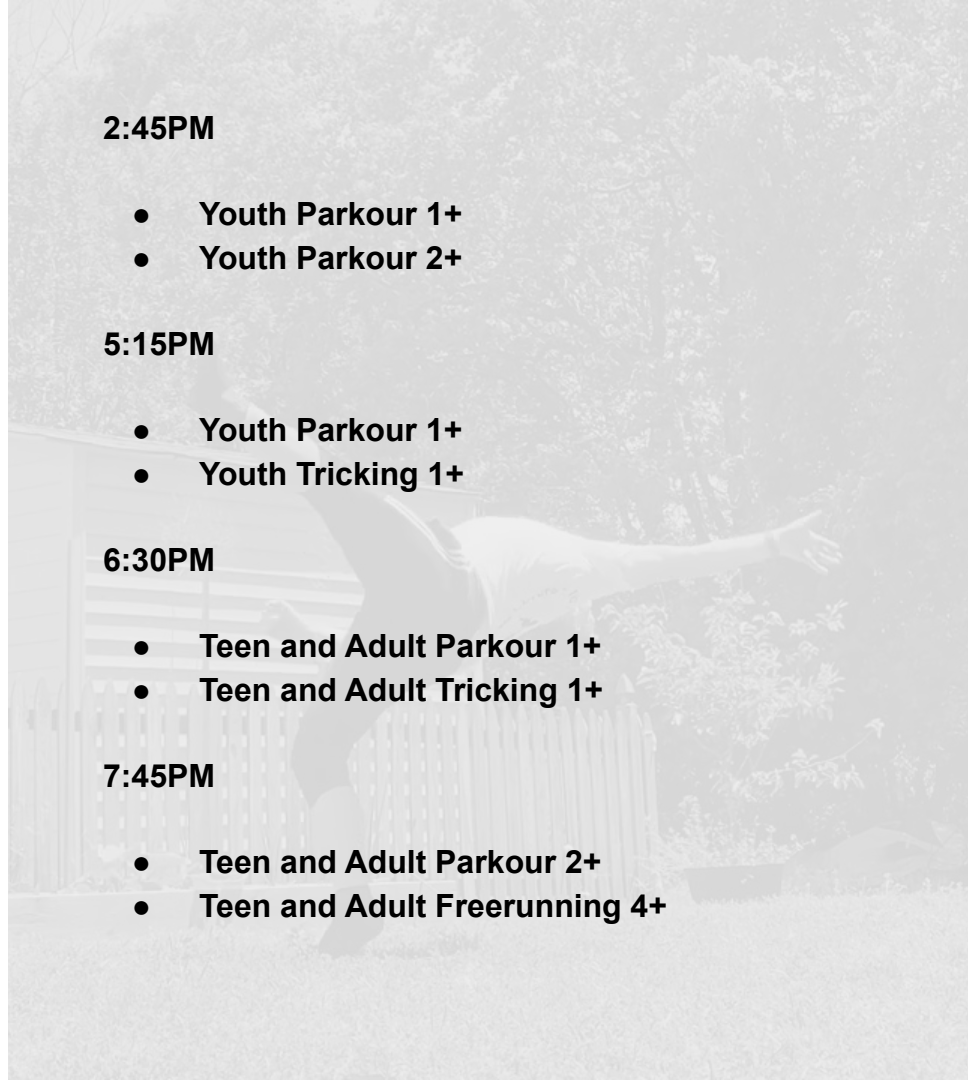
- Youth Parkour 1+
- Youth Tricking 1+

**6:30PM**

- Teen and Adult Parkour 1+
- Teen and Adult Tricking 1+

**7:45PM**

- Teen and Adult Parkour 2+
- Teen and Adult Freerunning 4+



# TUESDAY

**4:00PM**

- Youth Parkour 1+

**5:15PM**

- Teen and Adult Tricking 1+
- Youth Parkour 2+

**6:30PM**

- Youth Parkour 4+
- Teen and Adult Handbalancing

**7:45PM**

- Teen and Adult Parkour 4+
- Teen and Adult Flexibility

# WEDNESDAY

**2:30PM**

- Youth Parkour 4+

**4:00PM**

- Open Gym

**5:15PM**

- Youth Parkour 1+
- Teen and Adult Tricking 4+

**6:30PM**

- Youth Parkour 2+
- Teen and Adult Calisthenics

**7:45PM**

- Teen and Adult Parkour 2+
- Adult Low Impact Parkour

# THURSDAY

**4:00PM**

- Youth Parkour 4+

**5:15PM**

- Youth Parkour 1+
- Teen and Adult Tricking 1+

**6:30PM**

- Teen and Adult Parkour 2+
- Teen and Adult Handbalancing

**7:45PM**

- Teen and Adult Flexibility

**8:00PM**

- Open Gym



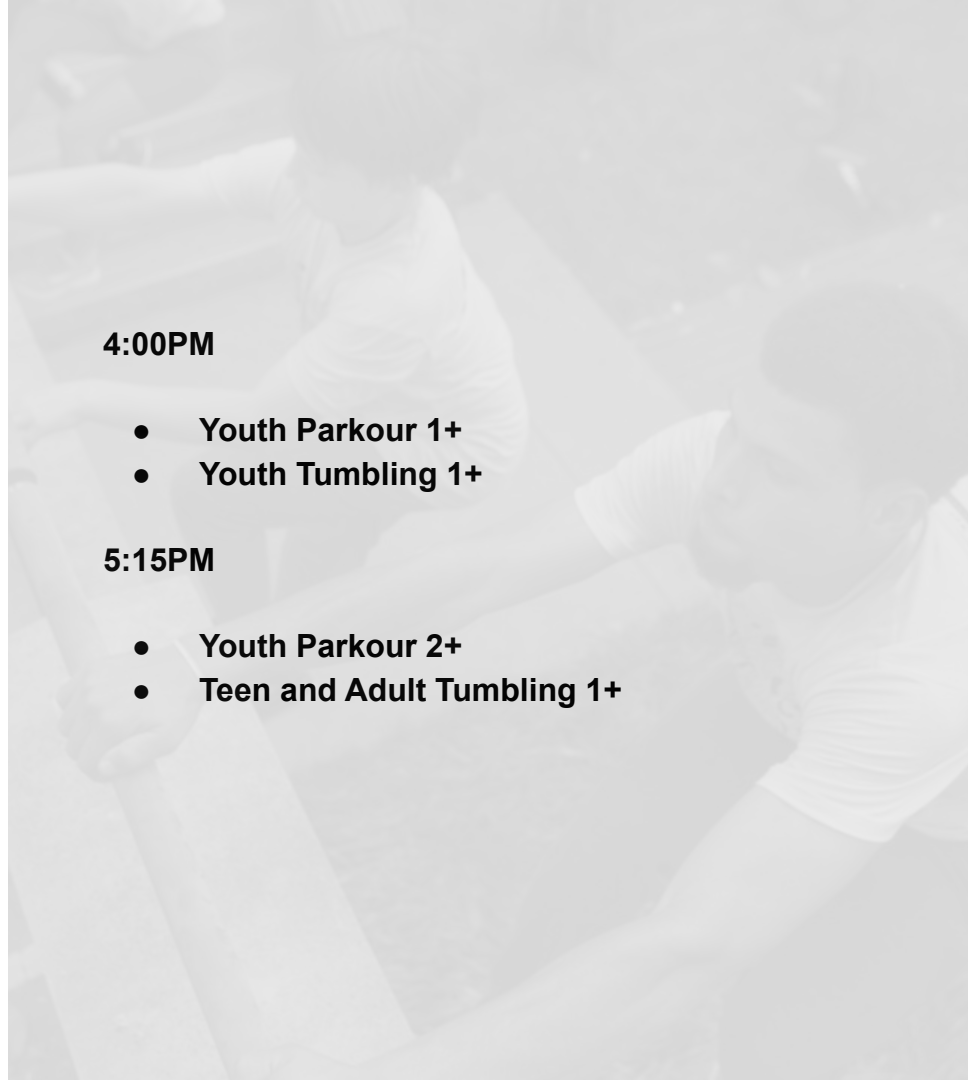
# FRIDAY

**4:00PM**

- Youth Parkour 1+
- Youth Tumbling 1+

**5:15PM**

- Youth Parkour 2+
- Teen and Adult Tumbling 1+



# SATURDAY

**9:00AM**

- Youth Parkour 1+

**10:15AM**

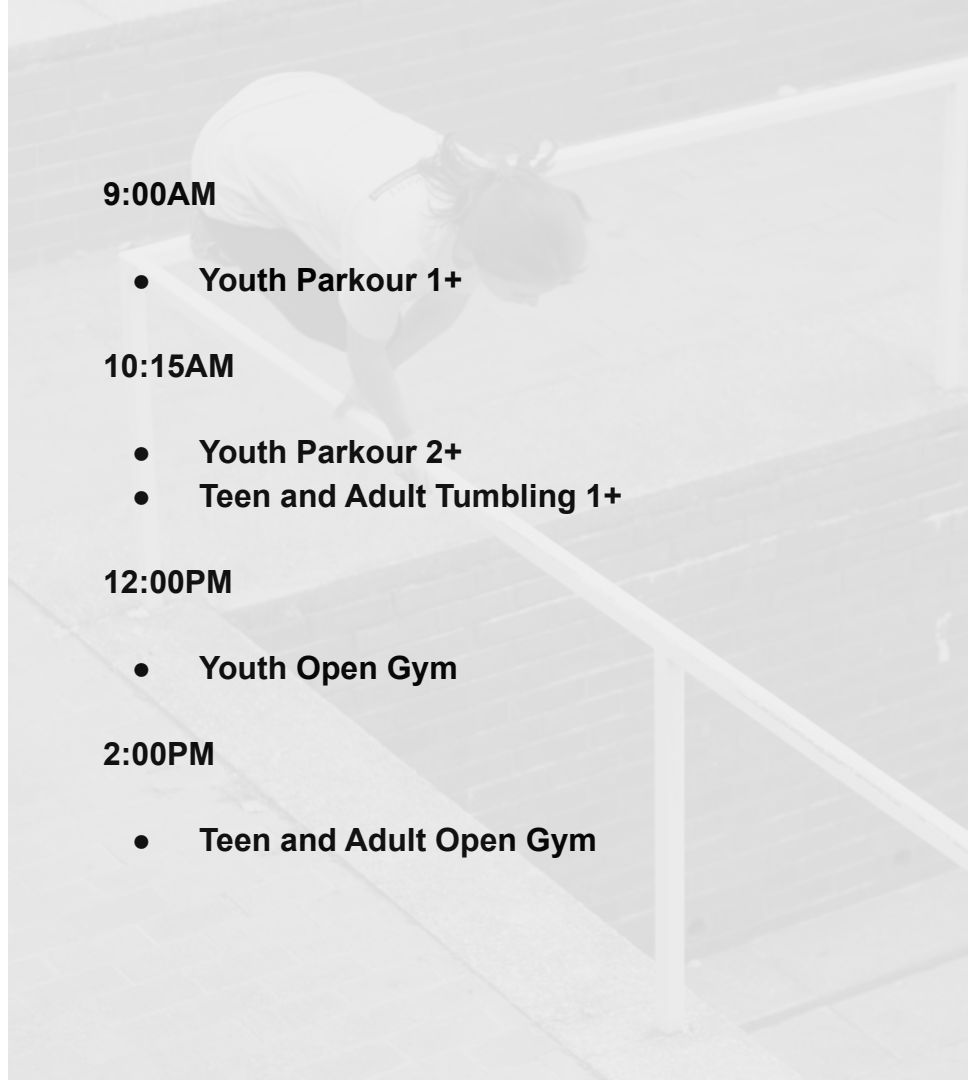
- Youth Parkour 2+
- Teen and Adult Tumbling 1+

**12:00PM**

- Youth Open Gym

**2:00PM**

- Teen and Adult Open Gym



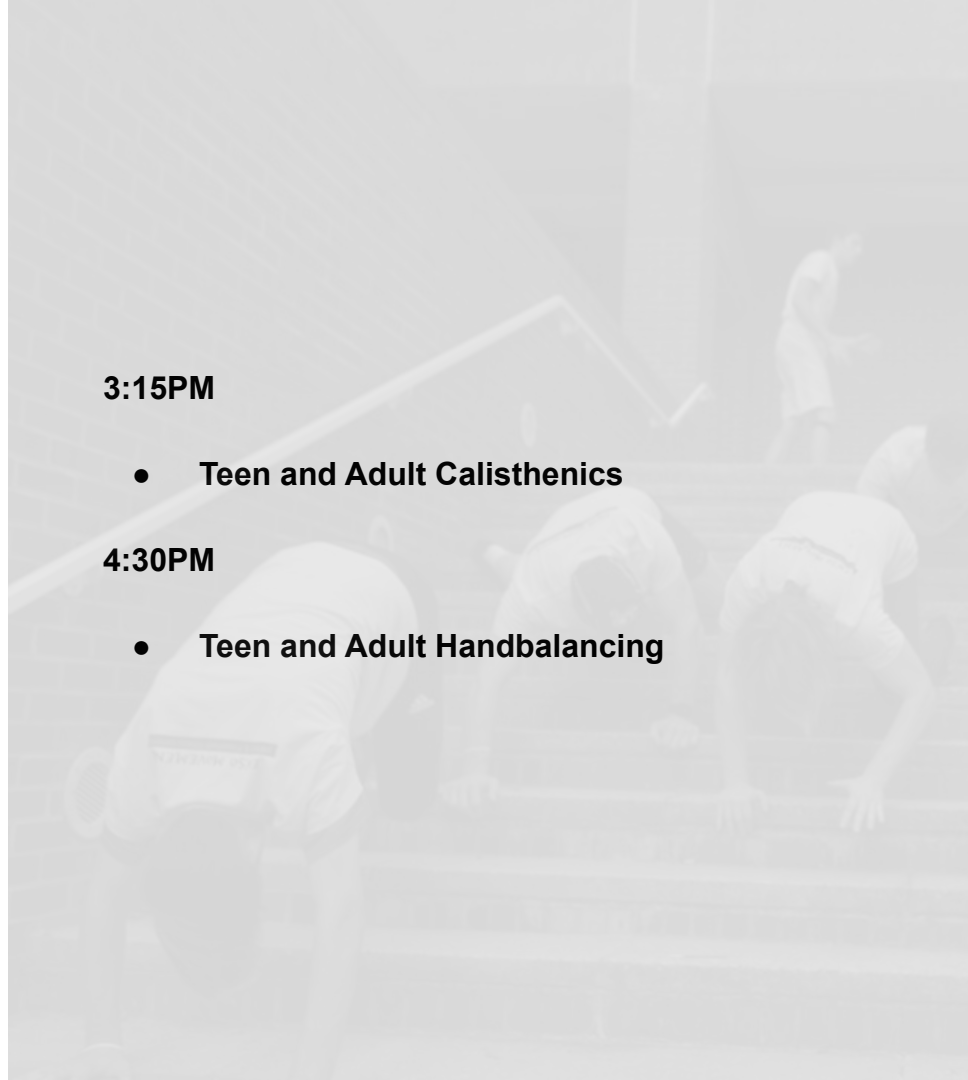
# SUNDAY

**3:15PM**

- **Teen and Adult Calisthenics**

**4:30PM**

- **Teen and Adult Handbalancing**



## ○ ONLINE RESOURCES

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- 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](mailto:info@ensomovement.com)

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



**ENSO MOVEMENT**

parkour & movement fitness