

ENSO MOVEMENT RALEIGH

COVID-19 CLASS SCHEDULE

PHASE 2.5 SERVICES



Last Updated 2020-09-02

○ QUICK NOTES

- We will open for indoor classes Tuesday, September 8th under North Carolina's "Phase 2.5" which **allow gyms to operate at a third capacity.**
- We have reduced the number of simultaneous classes to maximize for physical distancing to the best of our ability.
- Reduced maximum class size is 6.

○ STUDENT EXPECTATIONS

- Students must wear masks for indoor classes at all times during Phase 2.5
- Students must reserve their spot on Zenplanner.
 - **Otherwise you may be turned away.**
 - Please e-mail info@ensomovement.com if you need help.
 - A single reservation is different than a recurring reservation. **If you'd like to attend a specified class regularly, you must set to a recurring reservation.**
- Bring enough water for appropriate exercise.
- Students are responsible for showing up on time.
- If you are experiencing COVID-like symptoms, please refrain from attending class. If you have attended a class at Enso Movement and have recently tested positive for COVID-19, please alert our staff so that we can take immediate action.

○ STUDENT EXPECTATIONS

- Our coaches will meet students in front of the garage to check students in. Indoor classes will head indoors to their appropriate areas at the start of class.
- Parents / Guardians are welcomed to drop their child(ren) off.
 - Our waiting lobby is closed during Phase 2.5
 - We encourage parents / guardians to hang out in their cars, walk around, visit Durant Nature Park, run errands, etc.
- Please share patience and flexibility as our front desk updates membership accounts. All questions should be sent to info@ensomovement.com

Reserve your class on Zenplanner or be turned away!

ENSO MOVEMENT RALEIGH

PHASE 2.5 CLASS SCHEDULE

Although classes at Enso Movement may now be allowed indoors, we ask that all students respect others' precautions around safety and responsibility.

One of our coaches feels safest outdoors and will take those classes outdoors around the gym. See schedule.

MONDAY

2:45PM

- Youth Parkour 1+ w/ Alan

5:15PM

- Youth Parkour 1+ w/ Alan
- Youth Tricking 1+ w/ Zak

6:30PM

- Teen and Adult Parkour 1+ w/ Alan
- Teen and Adult Tricking 1+ w/ Zak

7:45PM

- Teen and Adult Parkour 2+ w/ Alan
- Teen and Adult Freerunning 4+ w/ Zak

TUESDAY

4:00PM

- Youth Parkour 1+ w/ Ben (Outdoors)

5:15PM

- Teen and Adult Tricking 1+ w/ Zak
- Youth Parkour 2+ w/ Ben (Outdoors)

6:30PM

- Youth Parkour 4+ w/ Zak
- Teen and Adult Handbalancing w/ Ben (Outdoors)

7:45PM

- Teen and Adult Parkour 4+ w/ Zak
- Teen and Adult Flexibility w/ Ben (Outdoors)

WEDNESDAY

2:30PM

- Youth Parkour 4+ w/ Alan

5:15PM

- Youth Parkour 1+ w/ Ben (Outdoors)
- Teen and Adult Tricking 4+ w/ Zak
- **NCSU Outdoor Youth w/ Alan**

6:30PM

- Youth Parkour 2+ w/ Zak
- Teen and Adult Calisthenics w/ Ben (Outdoors)
- **NCSU Outdoor Teen and Adult w/ Alan**

7:45PM

- Teen and Adult Parkour 2+ w/ Zak
- Adult Low Impact Parkour w/ Ben (Outdoors)

THURSDAY

5:15PM

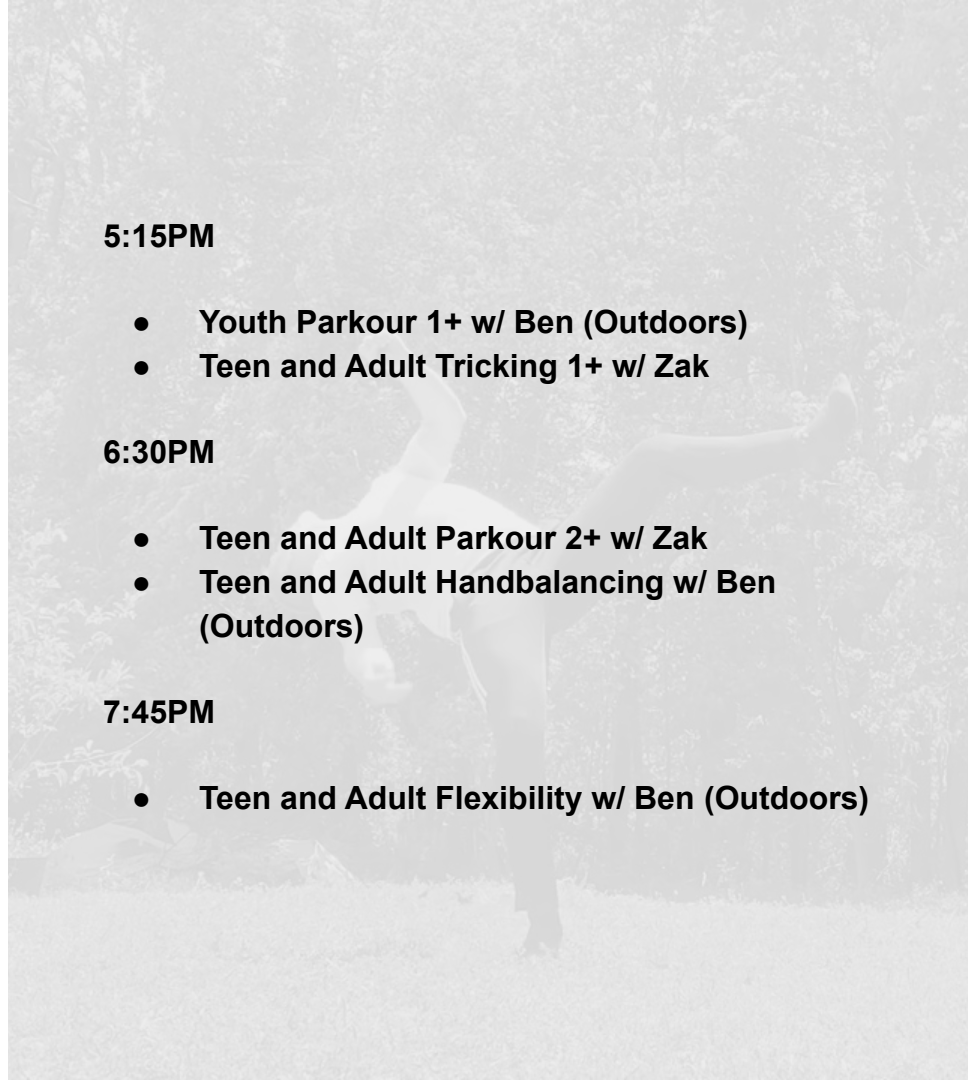
- Youth Parkour 1+ w/ Ben (Outdoors)
- Teen and Adult Tricking 1+ w/ Zak

6:30PM

- Teen and Adult Parkour 2+ w/ Zak
- Teen and Adult Handbalancing w/ Ben (Outdoors)

7:45PM

- Teen and Adult Flexibility w/ Ben (Outdoors)



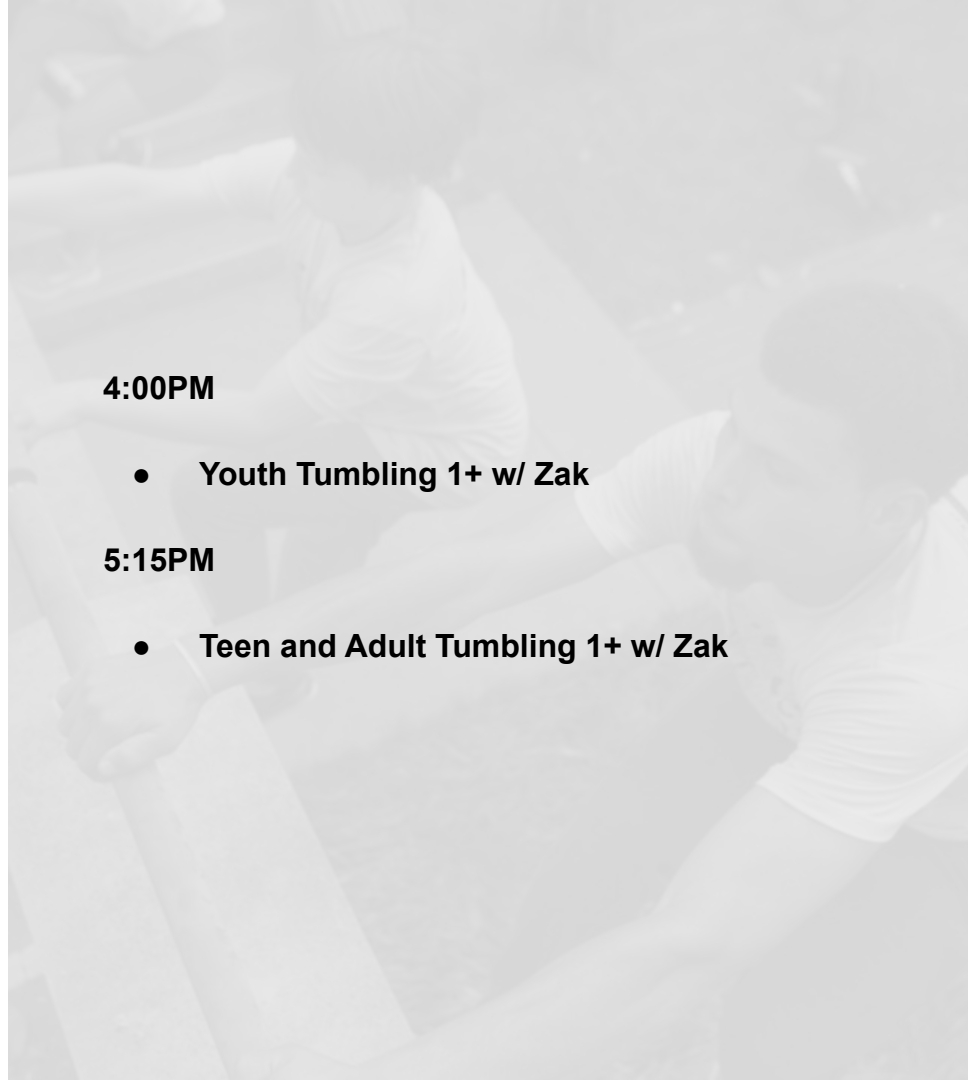
FRIDAY

4:00PM

- **Youth Tumbling 1+ w/ Zak**

5:15PM

- **Teen and Adult Tumbling 1+ w/ Zak**



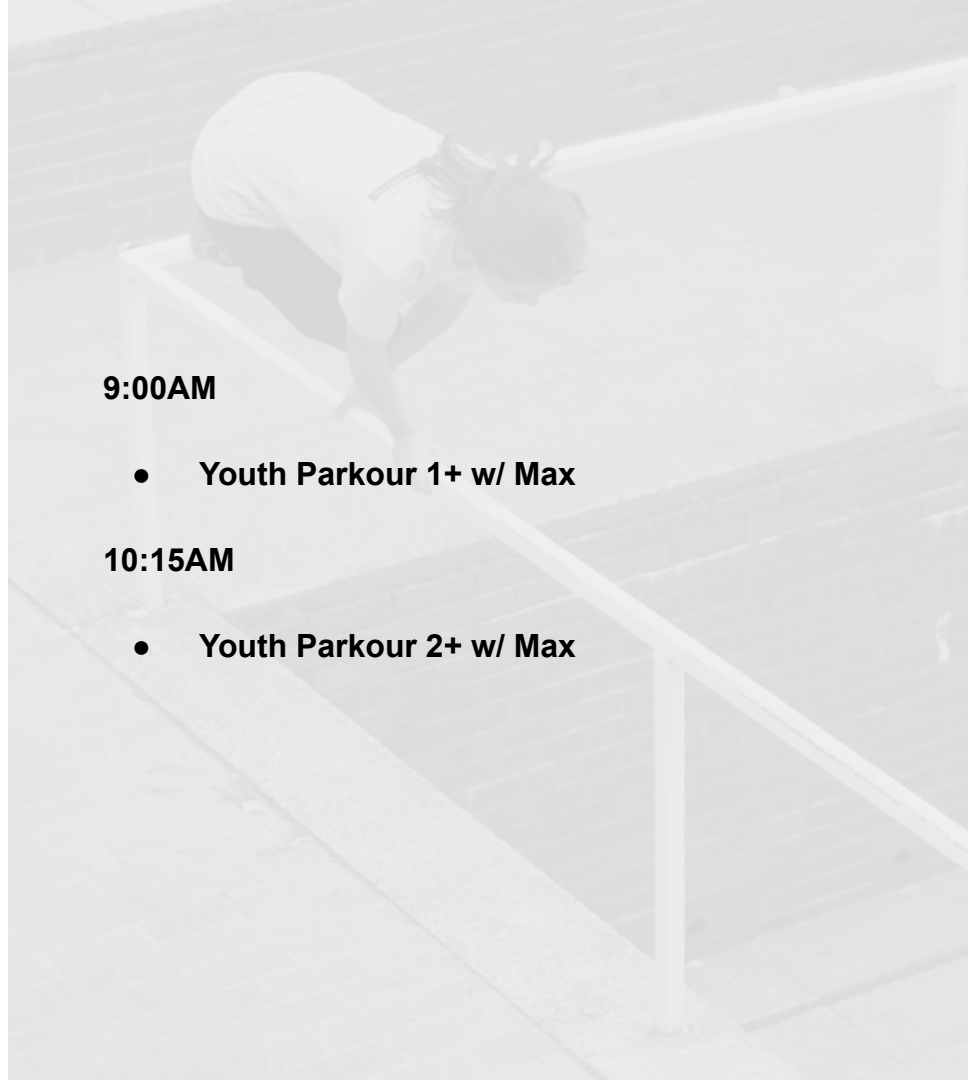
SATURDAY

9:00AM

- Youth Parkour 1+ w/ Max

10:15AM

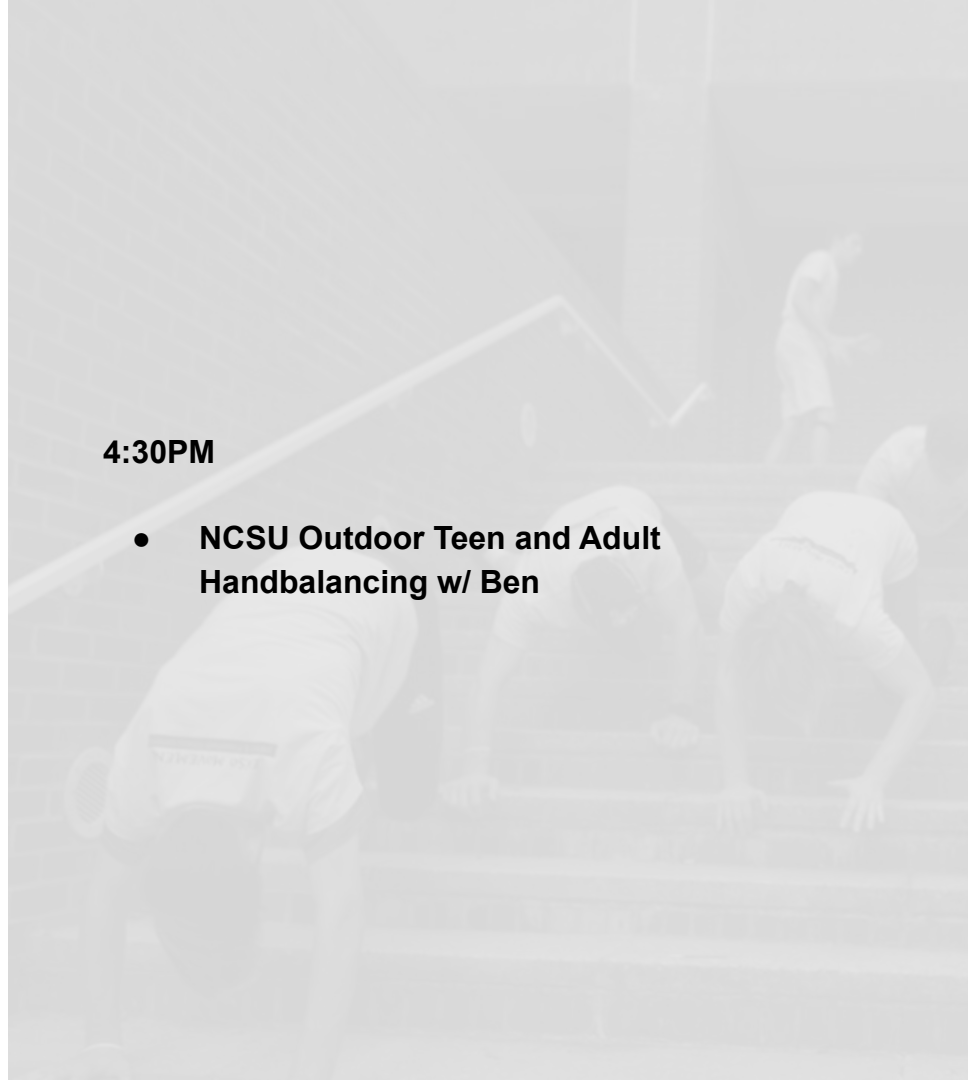
- Youth Parkour 2+ w/ Max



SUNDAY

4:30PM

- **NCSU Outdoor Teen and Adult Handbalancing w/ Ben**



○ ONLINE RESOURCES

- [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