



**SCHEDULE**  
**EFFECTIVE 6.2.2014**  
 classes subject to change  
 please verify at studiomix.com

1000 Van Ness, 3rd Floor  
 San Francisco, CA 94109  
 info@studiomix.com  
 415.926.6790

Monday - Friday | 6am-10pm  
 Saturday & Sunday | 8am-8pm

**STUDIOS**  
**PF** - Performance Studio  
**CO** - Core Studio  
**PW** - Power Studio  
**CY** - Cycle Studio  
**SG** - Strength Studio  
**CB** - Climb Studio

**Class** | INSTRUCTOR  
 START TIME / CLASS LENGTH / STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>X Train</b>   JET 6:15 AM / 60 MIN / <b>PF</b>	<b>Bootcamp Mix</b>   VANESSA 6:30 AM / 60 MIN / <b>PF</b>	<b>TRX® Bodyweight Burn</b>   VANESSA 6:15 AM / 60 MIN / <b>PW</b>	<b>Cross Mix</b>   SAM 6:30 AM / 30 MIN / <b>SG</b>	<b>Studio Road Ride</b>   VANESSA 6:15 AM / 60 MIN / <b>CY</b>	<b>Bootcamp Mix</b>   ANDRE 8:15 AM / 60 MIN / <b>PF</b>	<b>Vinyasa Flow</b>   ROBIN 9:00 AM / 60 MIN / <b>CO</b>
<b>Barre Mix</b>   ANDRE 6:30 AM / 60 MIN / <b>CO</b>	<b>Studio Road Ride</b>   VANESSA 7:30 AM / 60 MIN / <b>CY</b>	<b>X Train</b>   ANDRE 6:30 AM / 60 MIN / <b>PF</b>	<b>Tabata Cross</b>   JET 7:00 AM / 60 MIN / <b>PF</b>	<b>Pro Box</b>   DAVE 6:30 AM / 60 MIN / <b>PW</b>	<b>Studio Cycle Mix</b>   ERIN 9:15 AM / 60 MIN / <b>CY</b>	<b>Cross Mix</b>   VANESSA 10:00 AM / 30 MIN / <b>SG</b>
<b>Cardio Kickbox</b>   WENDY 7:15 AM / 60 MIN / <b>PF</b>	<b>Power Yoga</b>   ROY 8:30 AM / 60 MIN / <b>CO</b>	<b>Athletic Pilates</b>   KIRK 7:15 AM / 60 MIN / <b>CO</b>	<b>Studio Road Ride</b>   VANESSA 8:30 AM / 60 MIN / <b>CY</b>	<b>Power Yoga</b>   ROY 7:15 AM / 60 MIN / <b>CO</b>	<b>Barre Mix</b>   STELLA 9:30 AM / 60 MIN / <b>CO</b>	<b>Pro Box</b>   HEATHER 10:15 AM / 60 MIN / <b>PW</b>
<b>TRX® Bodyweight Burn</b>   VINCENT 8:00 AM / 60 MIN / <b>PW</b>	<b>Cardio Bootcamp</b>   CECILY 9:30 AM / 60 MIN / <b>PF</b>	<b>Cross Mix</b>   VANESSA 8:30 AM / 30 MIN / <b>SG</b>	<b>All Core</b>   VANESSA 9:30 AM / 30 MIN / <b>PF</b>	<b>TRX® Bodyweight Burn</b>   VANESSA 8:30 AM / 60 MIN / <b>PW</b>	<b>X Train</b>   ANDRE 9:45 AM / 60 MIN / <b>PF</b>	<b>Studio Road Ride</b>   VANESSA 10:30 AM / 60 MIN / <b>CY</b>
<b>TAC</b>   GARY 9:30 AM / 60 MIN / <b>PF</b>	<b>TRX® Bodyweight Burn</b>   KIRK 12:00 PM / 60 MIN / <b>PW</b>	<b>Barre Mix</b>   TALIAH 9:00 AM / 60 MIN / <b>CO</b>	<b>Strength + Conditioning</b>   JOHNNY 12:00 PM / 60 MIN / <b>SG</b>	<b>Studio Cycle Mix</b>   CECILY 12:00 PM / 60 MIN / <b>CY</b>	<b>Cross Mix</b>   JET 10:00 AM / 30 MIN / <b>SG</b>	<b>Total Body Conditioning</b>   FRANCISCO 11:00 AM / 60 MIN / <b>PF</b>
<b>Sweat Box</b>   SAM 12:00 PM / 60 MIN / <b>PW</b>	<b>Barre Mix</b>   STELLA 1:00 PM / 60 MIN / <b>CO</b>	<b>Cardio Bootcamp</b>   STELLA 12:00 PM / 60 MIN / <b>PF</b>	<b>Vinyasa Flow</b>   RONN 1:00 PM / 60 MIN / <b>CO</b>	<b>All Core</b>   CECILY 1:00 PM / 30 MIN / <b>PF</b>	<b>Foam Roll Release</b>   STELLA 10:30 AM / 30 MIN / <b>CO</b>	<b>TRX® Bodyweight Burn</b>   VANESSA 11:30 AM / 60 MIN / <b>PW</b>
<b>Vinyasa Flow</b>   RONN 1:00 PM / 60 MIN / <b>CO</b>	<b>Cross Mix</b>   KIRK 4:30 PM / 30 MIN / <b>SG</b>	<b>Classic Pilates</b>   STELLA 1:00 PM / 60 MIN / <b>CO</b>	<b>Pro Box</b>   DAVE 4:30 PM / 60 MIN / <b>PW</b>	<b>Cross Mix</b>   VINCENT 4:30 PM / 30 MIN / <b>SG</b>	<b>TRX® Bodyweight Burn</b>   JET 10:30 AM / 60 MIN / <b>PW</b>	<b>Strength + Conditioning</b>   JOHNNY 12:00 PM / 60 MIN / <b>SG</b>
<b>TRX® Blitz</b>   VANESSA 5:00 PM / 45 MIN / <b>PW</b>	<b>Vinyasa Flow</b>   STEPHANIE 5:00 PM / 60 MIN / <b>CO</b>	<b>Bulgarian Bags</b>   KATY 4:30 PM / 60 MIN / <b>PW</b>	<b>Power Yoga</b>   ROBIN 5:00 PM / 75 MIN / <b>CO</b>	<b>Pilates Mat 101</b>   FRANCISCO 5:00 PM / 60 MIN / <b>CO</b>	<b>Bootcamp Mix</b>   JEREMY 11:00 AM / 60 MIN / <b>PF</b>	<b>TRX® Bodyweight Burn</b>   EMILIE 5:00 PM / 60 MIN / <b>PW</b>
<b>Athletic Pilates</b>   KIRK 5:15 PM / 60 MIN / <b>CO</b>	<b>willPower &amp; grace®</b>   KIM 5:30 PM / 60 MIN / <b>PF</b>	<b>Barre Mix</b>   STELLA 5:30 PM / 60 MIN / <b>CO</b>	<b>Cardio Kickbox</b>   GARY 5:30 PM / 60 MIN / <b>PF</b>	<b>MMA Conditioning</b>   VINCENT 5:15 PM / 60 MIN / <b>PW</b>	<b>willPower &amp; grace®</b>   KIM 11:00 AM / 60 MIN / <b>CO</b>	<b>Honey Flow</b>   RONN 6:15 PM / 75 MIN / <b>CO</b>
<b>X Train</b>   ANDRE 5:30 PM / 60 MIN / <b>PF</b>	<b>Pro Box</b>   DAVE 5:45 PM / 60 MIN / <b>PW</b>	<b>Tabata Cross</b>   JET 5:45 PM / 60 MIN / <b>PF</b>	<b>TRX® Bodyweight Burn</b>   EMILIE 5:45 PM / 60 MIN / <b>PW</b>	<b>Express Cycle</b>   CECILY 6:00 PM / 45 MIN / <b>CY</b>	<b>Vinyasa Flow</b>   CECILY 12:00 PM / 75 MIN / <b>CO</b>	
<b>Studio Road Ride</b>   JET 5:45 PM / 60 MIN / <b>CY</b>	<b>Studio Cycle Mix</b>   ERIN 6:00 PM / 60 MIN / <b>CY</b>	<b>TRX® Bodyweight Burn</b>   SAM 6:00 PM / 60 MIN / <b>PW</b>	<b>Build</b>   JOHNNY 6:00 PM / 60 MIN / <b>SG</b>	<b>Yin Yoga</b>   STEPHANIE 6:15 PM / 75 MIN / <b>CO</b>	<b>Cardio Combat</b>   PAUL 3:00 PM / 60 MIN / <b>PF</b>	
<b>Rock Climb</b>   AMELIA 6:00 PM / 60 MIN / <b>CB</b>	<b>Classic Pilates</b>   STELLA 6:15 PM / 60 MIN / <b>CO</b>	<b>Rock Climb</b>   AMELIA 6:15 PM / 60 MIN / <b>CB</b>	<b>Barre Mix</b>   KRISTINA 6:15 PM / 60 MIN / <b>CO</b>	<b>Zumba®</b>   JOE 6:30 PM / 60 MIN / <b>PF</b>		
<b>TRX® Bodyweight Burn</b>   SAM 6:00 PM / 60 MIN / <b>PW</b>	<b>X Train</b>   WENDY 6:30 PM / 60 MIN / <b>PF</b>	<b>Express Cycle</b>   KRISSIE 6:30 PM / 45 MIN / <b>CY</b>	<b>Cardio Bootcamp</b>   STELLA 6:30 PM / 60 MIN / <b>PF</b>	<b>Dance Xperience</b>   RONNIE 7:30 PM / 75 MIN / <b>PF</b>		
<b>Build</b>   KIRK 6:15 PM / 60 MIN / <b>SG</b>	<b>Kettlebell Camp</b>   KIRK 7:00 PM / 60 MIN / <b>SG</b>	<b>Power Yoga</b>   ROY 6:30 PM / 75 MIN / <b>CO</b>	<b>Express Cycle</b>   EMILIE 6:45 PM / 45 MIN / <b>CY</b>			
<b>Power Yoga</b>   ROY 6:30 PM / 75 MIN / <b>CO</b>	<b>TRX® Bodyweight Burn</b>   JET 7:15 PM / 60 MIN / <b>PW</b>	<b>Strength + Conditioning</b>   VINCENT 6:45 PM / 60 MIN / <b>SG</b>	<b>Kettlebell Camp</b>   KIRK 7:00 PM / 60 MIN / <b>SG</b>			
<b>Zumba®</b>   BRENDAN 6:45 PM / 60 MIN / <b>PF</b>	<b>Foam Roll Release</b>   KATY 7:30 PM / 30 MIN / <b>CO</b>	<b>Cardio Kickbox</b>   WENDY 7:00 PM / 60 MIN / <b>PF</b>	<b>Muay Thai Kickboxing</b>   SAM 7:15 PM / 60 MIN / <b>PW</b>			
<b>Advanced Climb</b>   AMELIA 7:00 PM / 60 MIN / <b>CB</b>	<b>Cross Mix</b>   KATY 8:00 PM / 30 MIN / <b>SG</b>	<b>Boulder + Traverse 101</b>   AMELIA 7:15 PM / 60 MIN / <b>CB</b>	<b>Dirty Pop</b>   KRISTINA 7:30 PM / 60 MIN / <b>PF</b>			
<b>Studio Cycle Mix</b>   EMILIE 7:15 PM / 60 MIN / <b>CY</b>	<b>Mindfulness Meditation</b>   KIM 8:15 PM / 30 MIN / <b>CO</b>	<b>Sweat Box</b>   SAM 7:30 PM / 60 MIN / <b>PW</b>	<b>Cross Mix</b>   VANESSA 8:00 PM / 30 MIN / <b>SG</b>			
<b>Muay Thai Kickboxing</b>   SAM 7:30 PM / 60 MIN / <b>PW</b>		<b>Cross Mix</b>   VINCENT 8:00 PM / 30 MIN / <b>SG</b>				
<b>All Core</b>   VANESSA 8:30 PM / 30 MIN / <b>PF</b>						

**FIRST CLASS ON US!**

Local residents only please.  
 \$20 drop in day passes available for out of town guests.

Speak up & share your suggestions to help shape our evolving schedule. We're happy to add additional class options to the line up. Email [ideas@studiomix.com](mailto:ideas@studiomix.com)

# CLASS DESCRIPTIONS

Visit [STUDIOMIX.COM](http://STUDIOMIX.COM) for the latest schedule & studio information.

## PERFORMANCE STUDIO

### All Core

The strength of our limbs is limited by the strength of our core. Join an All Core class for a solid foundation, not to mention a sculpted center!

### Cardio Bootcamp

The perfect combination of cardio & conditioning w/ emphasis on working the core for one intense calorie burning workout. Special attention to form, alignment, & flexibility to give you the results you need.

### Cardio Combat

Gain agility, power, balance, & coordination in this high intensity session packed w/ Martial Arts combos & Peruvian cardio kickboxing drills. Come prepared to work hard, learn proper technique, & let out your inner warrior.

### Cardio Kickbox

Kick it up a notch w/ fast paced kickboxing training & conditioning. Float & sting.

### Dance Xperience

Open to all levels, this class starts off w/ a dancer's stretch then takes you through a choreographed routine w/ the hottest dance moves in urban hip hop & pop styles. So you think you can dance? Come challenge yourself in this sweet & sweaty Dance Xperience.

### Dirty Pop

Get down & dirty in this fun dance workout. Feel like one of Rhianna's backup dancers or toss your hair around like Britney's crew, even if you've never danced before. Burn some calories, learn some choreographed moves, & have a blast in the meantime.

### Tabata Cross

Total body, high intensity, interval conditioning. This class fuses 24 different challenges for 3 rounds of calisthenics, cardio, plyometrics & weight training.

### TAC

More than just a bootcamp, Total Athletic Conditioning (TAC) is a highly motivating interval training workout. This effective challenge will improve speed, flexibility, balance, & help you be your best.

### Total Body Conditioning

Every muscle fiber will be screaming by the end. Work it all & get the most for your time.

### willPower & grace®

Develop strength, endurance, flexibility, & range of motion through this inspiring barefoot, cardio flow workout.

### X Train

The perfect combination of cardio & athletic strength training. Each week both the format & equipment used will change for an increased calorie burn during this intense total body workout.

### Zumba®

Join the party for an exhilarating, Latin-inspired, all level dance class.

## CORE STUDIO

### Athletic Pilates

A Pilates inspired athletic core workout focusing on breath, alignment, & stretching. Stay connected & find strength w/ every exhale.

### Barre Mix

A ballet core conditioning class for long, lean muscles & strength down to your toes.

### Classic Pilates

Tap into your powerhouse w/ this total body workout based on the classical repertoire created by Joseph Pilates. A sure way to strengthen & sculpt your core & more.

### Foam Roll Release

The most overlooked component of injury prevention & continual progress is soft-tissue quality. Roll out your muscles, treat day-to-day stiffness, recover, & loosen things up.

### Honey Flow

A sweet yang/yin combination. Get your yoga flow & then melt into a rejuvenating restorative practice.

### Mindfulness Meditation

Cultivate inner peace, self-compassion, & happiness in this guided meditation class. You'll gain insight to your own mind, & get a fresh perspective on what truly matters to you. Learn to be more present, & fully enjoy life!

### Pilates Mat 101

Introduction to the series of exercises based on the work of Joseph Pilates to strengthen & tone the whole body. Get results w/ focus on control, fluid movement, breathing, concentration, stability, & postural alignment.

### Power Yoga

A vigorous, fitness-based approach to vinyasa yoga that emphasizes strength, flexibility, detoxification, balance, & stamina. Each class consists of challenging sequences of athletic movements performed w/ focus & intention.

### Vinyasa Flow

A dynamic practice of linking mindful breath w/ movement. This well-rounded yoga class intelligently sequences standing poses, seated poses, balances, core work, inversions, twists, backbends, hip-openers, & forward bends, culminating in meditation & relaxation.

### Yin Yoga

The "counterpose" to the "yang" of modern life, Yin Yoga consists primarily of sitting or lying postures that aim to promote growth & deep relaxation, clear energetic blockages, enhance circulation, increase joint mobilization, & heal the body.

## POWER STUDIO

### Bulgarian Bags

Build core stability & strength through dynamic movements with this unique tool. A 60 minute athletic workout that will make you feel muscles you didn't know existed.

### \*MMA Conditioning

Our MMA classes take the most effective techniques from multiple martial arts systems & combine the most useful. You'll move from learning to throw a punch & holding a stance to more advanced techniques like takedowns & submissions.

### \*Muay Thai Kickboxing

W/ techniques including kicks, punches, & the extensive use of knees & elbows, Muay Thai is often referred to as the science of 8 limbs. This Thai inspired kickbox & self defense class is sure to be a challenge for all.

### \*Pro Box

Stick. Jab. Move. Again. Learn a little one-two with the pros, even if you're not one.

### \*Sweat Box

Train w/ winning boxing combinations & athletic drills for a challenge like no other. Gain strength, speed, & endurance working in timed intervals.

### TRX® Blitz

45 minutes of TRX® Suspension Training®, this all level, dynamic class builds strength, flexibility, & endurance while activating your core.

### TRX® Bodyweight Burn

You are the weight. Learn to lift it on the TRX®.

\*Hand wraps are required for this class & are available for sale at the club.

## CYCLE STUDIO

### Express Cycle

45 minute high intensity studio cycle class to get your heart rate going w/ sprint intervals & challenging climbs. A quick ride for those w/ places to go.

### Studio Cycle Mix

Sweat it out w/ a challenging ride to motivating music. We'll mix it up & class will fly by.

### Studio Road Ride

Sprint intervals & challenging climbs. Great cardio training & preparation for cycling outdoors.

## STRENGTH STUDIO

### Build

Establish a strong foundation & build on it. Develop muscle mass or muscle tone during this focused, 60 minute weight training session.

### Cross Mix

30 minutes of serious weight training & conditioning in our Strength Studio. Get in & get it done safely.

### Kettlebell Camp

Learn to swing & lift the bells w/ ease. Practice your form while building strength, endurance, & coordination.

### Strength + Conditioning

Use the most effective methods of barbell, dumbbell, & body composition training to build strength & muscle while burning fat.

## CLIMB STUDIO

### Advanced Climb

Already belay certified & want to elevate your practice to new heights? Our expert coaches will keep you challenged, help you improve technique, & take your climb to the next level.

### Boulder + Traverse 101

No ropes, just you & the wall. Bouldering & traversing are low elements requiring less equipment & experience getting you on the wall quickly. A great addition to any workout routine, this class builds stamina, increases balance, & improves your ability to read the holds & routes.

### Rock Climb

Learn safety in our rock climbing & belay technique starter class. Build confidence & control. Need a technical refresher? Come back & take the class again! Our three story rock wall offers a full body workout while having fun & overcoming fears. All levels encouraged to climb.

## ANY STUDIO

### Bootcamp Mix

Varied by the coach, you'll experience a high intensity combo class of moves & drills to keep you at your fittest.

### 1-on-1 Coaching

All classes can be held in a 1-on-1 format w/ our expert coaches. If you need some personal attention to go pro or simply want to start w/ the basics before jumping into class, schedule a 1-on-1 session today. After all, everyone needs a coach.



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