



Class | INSTRUCTOR

START TIME / CLASS LENGTH / STUDIO

SCHEDULE

EFFECTIVE 9.5.2017

classes subject to change
please verify on MINDBODY
via *FIND A CLASS* 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 **CY** - Cycle Studio
CO - Core Studio **SG** - Strength Studio
PL - Pilates Studio **CB** - Climb Studio
PW - Power Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Pulse WENDY 6:15 AM / 45 MIN / CY	Ashtanga Basics CECILY 6:15 AM / 60 MIN / CO	X Train MELISSA 6:15 AM / 60 MIN / PF	Power Yoga CAITLIN 6:15 AM / 60 MIN / CO	Cycle Pulse TENAE 6:15 AM / 45 MIN / CY	Vinyasa Flow JENNA 8:15 AM / 60 MIN / CO	Vinyasa Flow CAITLIN 9:00 AM / 60 MIN / CO
HIIT WENDY 7:00 AM / 60 MIN / PF	Cross Mix JET 6:30 AM / 30 MIN / SG	TRX® Bodyweight Burn ANDRE 6:30 AM / 60 MIN / PW	Push 30 SAM 6:30 AM / 30 MIN / SG	Build TONY 6:30 AM / 60 MIN / SG	Bootcamp Mix ANDRE 8:30 AM / 60 MIN / PF	Studio Cycle Mix RAY 10:00 AM / 60 MIN / CY
Barre Mix TENAE 7:15 AM / 60 MIN / CO	Total Body Conditioning SUSANNA 7:00 AM / 60 MIN / PF	Athletic Pilates RAY 7:15 AM / 60 MIN / CO	Total Body Conditioning TENAE 7:00 AM / 60 MIN / PF	Vinyasa Flow CECILY 7:15 AM / 60 MIN / CO	Pull KYOKO 9:00 AM / 45 MIN / PW	Boxing ODLIA 10:30 AM / 60 MIN / PW
Strength + Conditioning KATY 9:00 AM / 60 MIN / SG	Express Cycle TENAE 7:00 AM / 45 MIN / CY	Barre Mix JESSICA RAE 9:00 AM / 60 MIN / CO	Bootcamp Mix CECILY 9:15 AM / 45 MIN / PF	Push 30 NATE 9:00 AM / 30 MIN / SG	Barre Mix STELLA 9:30 AM / 60 MIN / CO	Total Body Conditioning RAY 11:00 AM / 60 MIN / PF
Reformer (\$) STELLA 12:00 PM / 60 MIN / PL	Bootcamp Mix CECILY 9:15 AM / 45 MIN / PF	Total Body Conditioning SUSANNA 12:00 PM / 60 MIN / PF	Athletic Conditioning NATE 12:00 PM / 60 MIN / SG	Athletic Pilates EMILY 9:30 AM / 60 MIN / CO	X Train ANDRE 9:45 AM / 60 MIN / PF	Open Climb RYAN 12:30 PM / 60 MIN / CB
Athletic Conditioning JET 12:00 PM / 60 MIN / SG	Vinyasa Flow HOWARD 11:00 AM / 60 MIN / CO	Coach Office Hour STELLA 12:00 PM / 60 MIN / LOBBY	Vinyasa Flow RONN 1:00 PM / 60 MIN / CO	Coach Office Hour KATY 11:00 AM / 60 MIN / LOBBY	Aerial Silk 101 (\$) KYOKO 10:00 AM / 60 MIN / CB	TRX® Bodyweight Burn CHARLES 5:00 PM / 60 MIN / PW
Coach Office Hour KATY 12:00 PM / 60 MIN / LOBBY	TRX® Bodyweight Burn ZACK 12:00 PM / 60 MIN / PW	Pull RYAN 5:00 PM / 45 MIN / PW	Boxing DAVE 5:00 PM / 60 MIN / PW	Studio Cycle Mix CECILY 12:00 PM / 60 MIN / CY	Cycle Pulse SARAH 10:15 AM / 45 MIN / CY	Honey Flow RONN 6:00 PM / 75 MIN / CO
Vinyasa Flow RONN 1:00 PM / 60 MIN / CO	Push 30 NATE 4:30 PM / 30 MIN / SG	Mat Pilates STELLA 5:15 PM / 60 MIN / CO	Express Cycle SARAH 5:15 PM / 45 MIN / CY	All Core CECILY 1:00 PM / 30 MIN / PF	TRX® Bodyweight Burn MELISSA 10:30 AM / 60 MIN / PW	
Athletic Pilates RAY 5:15 PM / 60 MIN / CO	Vinyasa Flow JENNA 5:00 PM / 60 MIN / CO	Tabata Cross JET 5:45 PM / 60 MIN / PF	Tower (\$) STELLA 5:30 PM / 60 MIN / PL	Cross Mix HANS 4:30 PM / 30 MIN / SG	Reformer (\$) STELLA 11:00 AM / 60 MIN / PL	
X Train SUSANNA 5:30 PM / 60 MIN / PF	Express Cycle ANDRE 5:15 PM / 45 MIN / CY	TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Glutes + Legs SERGIO 6:00 PM / 30 MIN / PF	Mat Pilates STELLA 5:15 PM / 60 MIN / CO	Foam Roll Release ANDRE 11:00 AM / 30 MIN / CO	
Studio Road Ride JET 5:45 PM / 60 MIN / CY	Tower (\$) EMILY 5:30 PM / 60 MIN / PL	Reformer (\$) STELLA 6:30 PM / 60 MIN / PL	Build KATY 6:00 PM / 60 MIN / SG	Strength + Conditioning HANS 5:30 PM / 60 MIN / SG	Build HANS 11:30 AM / 60 MIN / SG	
TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Boxing DAVE 5:45 PM / 60 MIN / PW	Power Yoga HOWARD 6:30 PM / 60 MIN / CO	Barre Mix TENAE 6:15 PM / 60 MIN / CO	Hot Choreo JESSICA RAE 5:45 PM / 60 MIN / PF	Power Yoga CECILY 12:00 PM / 75 MIN / CO	
Build HANS 6:15 PM / 60 MIN / SG	Open Climb RYAN 5:45 PM / 60 MIN / CB	Strength + Conditioning HANS 6:30 PM / 60 MIN / SG	TRX® Blitz ZACK 6:15 PM / 45 MIN / PW	Express Cycle MELISSA 6:00 PM / 45 MIN / CY	Rock Climb 101 RYAN 12:30 PM / 60 MIN / CB	
Power Yoga RONN 6:30 PM / 60 MIN / CO	Strength + Conditioning KATY 6:00 PM / 60 MIN / SG	Express Cycle JET 7:00 PM / 45 MIN / CY	All Core SERGIO 6:30 PM / 30 MIN / PF	Yin Yoga CAITLIN 6:15 PM / 75 MIN / CO	Open Climb RYAN 1:30 PM / 60 MIN / CB	
Cardio Kickbox JESSICA RAE 6:45 PM / 60 MIN / PF	HIIT ANDRE 6:15 PM / 60 MIN / PF	Muay Thai Kickboxing SAM 7:15 PM / 60 MIN / PW	Bootcamp Mix SERGIO 7:00 PM / 60 MIN / PF			
Express Cycle RAY 7:00 PM / 45 MIN / CY	Mat Pilates STELLA 6:30 PM / 60 MIN / CO	Cross Mix JET 8:00 PM / 30 MIN / SG	MMA Conditioning STEVE 7:15 PM / 60 MIN / PW			
Muay Thai Kickboxing SAM 7:15 PM / 60 MIN / PW	Cycle Pulse TENAE 6:45 PM / 45 MIN / CY		Honey Flow JENNA 7:30 PM / 60 MIN / CO			
Build HANS 7:30 PM / 60 MIN / SG	Kettlebell Sport RYAN 7:00 PM / 60 MIN / SG					
Chakra Yoga RONN 8:00 PM / 60 MIN / CO	TRX® Blitz CHARLES 7:15 PM / 45 MIN / PW					
	Foam Roll Release ANDRE 7:30 PM / 30 MIN / CO					
	Hip Hop Core JESSICA RAE 7:30 PM / 60 MIN / PF					

FIRST CLASS ON US!

Local residents only please.

\$30 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

CLASS DESCRIPTIONS

Visit 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 a 30 minute All Core class for a solid foundation, not to mention a sculpted center!

Bootcamp Mix

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

Cardio Bootcamp

This fun, tempo driven class is the perfect combination of cardio & muscle endurance. We work the whole body together for one intense calorie burning workout.

Cardio Kickbox

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

Glutes + Legs

A full 30 minute concentration on your bottom half.

HIIT

Less is definitely more; all you need is a pair of dumbbells, a mat, & your game face. Build your endurance w/ intervals.

Hip Hop Core

Get down & sweaty with Hip Hop Core, a cardio-dance class blending easy to follow routines w/ free weights, bender balls, & 15 minutes of core work to complete your fitness dance fix.

Hot Choreo

Get down & dirty in this fun dance workout. Feel like a backup dancer from your favorite music video, even if you've never danced before. Burn calories, learn choreographed moves, & have a blast in the meantime.

Tabata Cross

Total body, high intensity, interval conditioning. This class fuses 32 different challenges that include calisthenics, cardio, core, plyometrics, & weight training.

Total Body Conditioning

Incorporate weight training & high reps to achieve definition, burn, & muscle fatigue.

Turbo Kick®

Turbo Kick® is an interval based, full body workout that begins w/ a sports-specific warm up. Move into high-paced intervals w/ kickboxing, resistance, & endurance training sequences using easy-to-follow combinations.

X Train

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

CORE STUDIO

Ashtanga Basics

Ashtanga yoga appeals to those who like a sense of order, discipline, & strength in postures. Focus on breath, presence, & muscular endurance as you master the poses. In each basics class we'll dive into a select portion of the Ashtanga series.

Athletic Pilates

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

Barre Mix

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

Chakra Yoga

The human body contains seven chakras, energy centers that are positioned throughout our bodies from the base of the spine to the crown of the head. Working our way from bottom to top, each week will revolve around a specific chakra including an in depth explanation & a physical exploration of the asanas that support opening & maintaining a healthy flow of energy. This class is open to yogis of all levels.

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.

Mat Pilates

Tap into your powerhouse w/ this total body workout using the classical repertoire created by Joseph Pilates. A sure way to strengthen & lengthen your muscles & improve your posture while moving from your core.

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 into meditation & relaxation.

Yin Yoga

Blend restorative, gentle yoga w/ breathwork & meditation to bring the body into balance & reduce stress. The counterpose to the "yang" of modern life.

PILATES STUDIO

Reformer

Expand your Pilates horizon in this mixed-level workout on the reformer. Find the symmetry, connection, & stability that your body needs. An alternative choice to private sessions, this class will improve your posture & strengthen your core. *\$35 per class, space limited to 3*

Tower

Build flexible strength & correct muscle imbalances as you add the resistance of wall unit springs to your own bodyweight in this 60 minute, small group Pilates session. You'll love the variety & the results of this focused workout. *\$35 per class, space limited to 3*

POWER STUDIO

Boxing

Stick. Jab. Move. Repeat. Learn a little one-two in this traditional boxer's workout.

MMA Conditioning

Our Mixed Martial Arts class combines the most effective techniques from multiple disciplines w/ an emphasis on endurance & stamina.

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.

Pull

Learn to do pull-ups! Strengthen muscles of your upper body & back while improving your grip strength in this gravity defying workout.

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®.

CLIMB STUDIO

Aerial Silk 101

Aerial is a suspension training art form that you often see in shows like Cirque du Soleil. It requires courage & grace to master drops, slides, & rolls in the air. This 60 minute small group session is excellent for beginners or those looking to learn fundamental aerial skills, build total body strength, & increase overall flexibility. Work with a professional to become strong & comfortable on the silks even if you've never thought it possible. *\$40 | \$30 for members*

Open Climb

After learning the basic necessities from Rock Climb 101, we invite you back to the studio to take advantage of our Open Climb sessions, designed as a fun & casual opportunity to practice & meet fellow climbers. Get in there, climb once, twice, ten minutes, or the entire hour, it's your choice. Belay assistance is provided for the duration of the session.

Rock Climb 101

A must for first time climbers at Studiomic & highly recommended for those who want to take their climbing from an experience to a practice. Learn proper belay technique & appropriate climbing knots. An entirely instructional course, this class will leave you feeling confident, excited, challenged, & ready to climb.

CYCLE STUDIO

Cycle Pulse

Sprint, drive, climb- a unique cycling class that will allow you to see your heart rate, understand your effort level, & be accountable to your work & recovery. Bring your own ANT+ or Bluetooth compatible heart monitor to sync.

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

Gear up & breakaway; this class is great cardiovascular training & preparation for cycling outdoors.

STRENGTH STUDIO

Athletic Conditioning

A high intensity workout blending bodyweight training, weight training, & aerobic drills to improve overall speed, agility, balance, & endurance. Feel challenged & engaged as you move through various stations in our 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 intense weight training & conditioning in our Strength Studio. Get in & get it done.

Push 30

A 30 minute PUSH to complete a series of 7 moves. Can you finish 4-5 rounds of intense physical drills?

Kettlebell Sport

Learn to swing & lift Kettlebells w/ ease. Practice your form while building strength, endurance, & coordination. Kettlebells are a growing sport in the USA; be part of the movement.

Strength + Conditioning

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

ANY STUDIO

Coach Office Hour

Take advantage of this free time w/ our head health coaches. Ask questions about classes, equipment, your fitness goals, or anything else top of mind. We're here to help.

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.



STUDIOMIC

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