



SCHEDULE

EFFECTIVE 1.2.2018

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

Class | INSTRUCTOR

START TIME / CLASS LENGTH / STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bulgarian Bags KATY 6:15 AM / 45 MIN / PW	Ashtanga Short Form CECILY 6:15 AM / 60 MIN / CO	TRX® Blitz ODILIA 6:15 AM / 45 MIN / PW	Power Yoga CAITLIN 6:15 AM / 60 MIN / CO	Express Cycle TENAE 6:15 AM / 45 MIN / CY	Vinyasa Flow RACHEL 8:15 AM / 60 MIN / CO	Vinyasa Flow CAITLIN 9:00 AM / 60 MIN / CO
Ballet Strong TENAE 7:15 AM / 60 MIN / CO	Cross Mix JET 6:30 AM / 30 MIN / SG	Athletic Pilates RAY 7:15 AM / 60 MIN / CO	Push 30 SAM 6:30 AM / 30 MIN / SG	Vinyasa Flow CECILY 7:15 AM / 60 MIN / CO	Pull KYOKO 9:00 AM / 45 MIN / PW	Studio Cycle RAY 10:00 AM / 60 MIN / CY
Strength + Conditioning KATY 9:00 AM / 60 MIN / SG	Total Body Conditioning SUSANNA 7:00 AM / 60 MIN / PF	Express Cycle JENNE 9:30 AM / 45 MIN / CY	Total Body Conditioning TENAE 7:00 AM / 60 MIN / PF	Athletic Conditioning NATE 9:00 AM / 60 MIN / SG	Barre Mix JENNE 9:30 AM / 60 MIN / CO	Boxing ODILIA 10:30 AM / 60 MIN / PW
Reformer (\$) STELLA 12:00 PM / 60 MIN / PL	Express Cycle TENAE 7:00 AM / 45 MIN / CY	All Core JENNE 10:15 AM / 30 MIN / PF	HIIT CECILY 9:15 AM / 45 MIN / PF	Coach Office Hour KATY 11:00 AM / 60 MIN / LOBBY	HIIT TBD 9:45 AM / 60 MIN / PF	Total Body Conditioning RAY 11:00 AM / 60 MIN / PF
Athletic Conditioning JET 12:00 PM / 60 MIN / SG	HIIT 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	Express Cycle CECILY 12:15 PM / 45 MIN / CY	Aerial Silk (\$) KYOKO 10:00 AM / 60 MIN / CB	Open Climb RYAN 12:30 PM / 60 MIN / CB
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	Vinyasa Flow RONN 1:00 PM / 60 MIN / CO	All Core CECILY 1:00 PM / 30 MIN / PF	TRX® Bodyweight Burn ZACK 10:30 AM / 60 MIN / PW	TRX® Bodyweight Burn JAY 5:00 PM / 60 MIN / PW
Vinyasa Flow RONN 1:00 PM / 60 MIN / CO	Coach Office Hour KIM 4:00 PM / 60 MIN / LOBBY	Mat Pilates MIQUEL 5:15 PM / 60 MIN / CO	Boxing DAVE 5:00 PM / 60 MIN / PW	Cross Mix HANS 4:30 PM / 30 MIN / SG	Express Cycle JENNE 10:45 AM / 45 MIN / CY	Honey Flow RONN 6:00 PM / 75 MIN / CO
Athletic Pilates RAY 5:15 PM / 60 MIN / CO	Push 30 NATE 4:30 PM / 30 MIN / SG	Tabata Cross JET 5:45 PM / 60 MIN / PF	Tower (\$) STELLA 5:30 PM / 60 MIN / PL	Mat Pilates MIQUEL 5:15 PM / 60 MIN / CO	Reformer (\$) STELLA 11:00 AM / 60 MIN / PL	
HIIT SUSANNA 5:30 PM / 60 MIN / PF	Vinyasa Flow RACHEL 5:00 PM / 60 MIN / CO	TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Cardio Kickbox WENDY 5:45 PM / 60 MIN / PF	Strength + Conditioning HANS 5:30 PM / 60 MIN / SG	Build ZACK 11:30 AM / 60 MIN / SG	
Studio Cycle JET 5:45 PM / 60 MIN / CY	Studio Cycle KIM 5:30 PM / 60 MIN / CY	Reformer (\$) MIQUEL 6:30 PM / 60 MIN / PL	Build KATY 6:00 PM / 60 MIN / SG	Studio Cycle KIM 5:45 PM / 60 MIN / CY	Foam Roll CECILY 11:30 AM / 30 MIN / CO	
TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Tower (\$) RAY 5:30 PM / 60 MIN / PL	Power Yoga HOWARD 6:30 PM / 60 MIN / CO	Barre Mix TENAE 6:15 PM / 60 MIN / CO	Zumba® JACQUELINE 6:00 PM / 60 MIN / PF	Hot Choreo JESSICA 11:45 AM / 60 MIN / PF	
Build HANS 6:15 PM / 60 MIN / SG	Boxing DAVE 5:45 PM / 60 MIN / PW	Strength + Conditioning HANS 6:30 PM / 60 MIN / SG	TRX® Blitz ZACK 6:15 PM / 45 MIN / PW	Yin Yoga CAITLIN 6:15 PM / 75 MIN / CO	Power Yoga CECILY 12:00 PM / 75 MIN / CO	
Power Yoga RONN 6:30 PM / 60 MIN / CO	Open Climb RYAN 5:45 PM / 60 MIN / CB	Zumba® JACQUELINE 6:45 PM / 60 MIN / PF	Express Cycle MONICA 6:45 PM / 45 MIN / CY		Rock Climb 101 RYAN 12:30 PM / 60 MIN / CB	
Cardio Kickbox JESSICA 6:45 PM / 60 MIN / PF	Strength + Conditioning KATY 6:00 PM / 60 MIN / SG	Express Cycle JET 7:00 PM / 45 MIN / CY	All Core RAY 7:00 PM / 30 MIN / PF		Open Climb RYAN 1:30 PM / 60 MIN / CB	
Express Cycle RAY 7:00 PM / 45 MIN / CY	Total Body Conditioning SUSANNA 6:15 PM / 60 MIN / PF	Muay Thai Kickboxing SAM 7:15 PM / 60 MIN / PW	MMA Conditioning STEVE 7:15 PM / 60 MIN / PW			
Muay Thai Kickboxing SAM 7:15 PM / 60 MIN / PW	Mat Pilates STELLA 6:30 PM / 60 MIN / CO		Honey Flow JENNA 7:30 PM / 60 MIN / CO			
Build HANS 7:30 PM / 60 MIN / SG	Express Cycle TENAE 6:45 PM / 45 MIN / CY					
All Core RAY 7:45 PM / 30 MIN / PF	Kettlebell Sport RYAN 7:00 PM / 60 MIN / SG					
	TRX® Blitz CHARLES 7:15 PM / 45 MIN / PW					
	Foam Roll TENAE 7:30 PM / 30 MIN / CO					
	Hip Hop Core JESSICA 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!

Cardio Kickbox

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

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.

Zumba®

Sometimes you need to ditch the workout, & join the party. For an exhilarating, Latin-inspired, all level dance class, try Zumba® & get your sweat on.

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.

CORE STUDIO

Ashtanga Short Form

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 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.

Ballet Strong

Move w/ elegance & grace as you build endurance & improve posture in this fun dance class. You'll learn choreographed exercises at the ballet bar as well as across the floor, keeping your heart rate elevated & a smile on your face.

Barre Mix

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

Foam Roll

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

Bulgarian Bags

Build core stability, strength, & endurance through dynamic movements w/ this unique tool. A 60 minute athletic workout that will activate muscles you didn't know existed.

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

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 Studiomix & 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

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

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

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.



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