



SCHEDULE

EFFECTIVE 11.1.2018

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
Express Cycle KEN 6:15 AM / 45 MIN / CY	Ashtanga Short Form CECILY 6:15 AM / 60 MIN / CO	Express Cycle KEN 6:15 AM / 45 MIN / CY	Vinyasa Flow KAYLEIGH 6:15 AM / 60 MIN / CO	Express Cycle KEN 6:15 AM / 45 MIN / CY	Vinyasa Flow CAITLIN 8:15 AM / 60 MIN / CO	Zumba® BRENDAN 8:15 AM / 60 MIN / PF
Glutes + Legs BEN 6:30 AM / 30 MIN / PF	Boot Camp 30 SAM 6:30 AM / 30 MIN / SG	HIIT BEN 6:30 AM / 60 MIN / PF	Boot Camp 30 SAM 6:30 AM / 30 MIN / SG	Glutes + Legs BEN 6:30 AM / 30 MIN / PF	HIIT BEN 8:30 AM / 60 MIN / PF	Vinyasa Flow JAY 9:15 AM / 60 MIN / CO
All Core BEN 7:00 AM / 30 MIN / PF	Total Body Training SUSANNA 7:00 AM / 60 MIN / PF	Barre Mix KEN 7:15 AM / 60 MIN / CO	Total Body Training TENAE 7:00 AM / 60 MIN / PF	All Core BEN 7:00 AM / 30 MIN / PF	Pull KYOKO 9:00 AM / 45 MIN / PW	Express Cycle JENNE 10:15 AM / 45 MIN / CY
Express Barre TENAE 7:15 AM / 45 MIN / CO	Express Cycle TENAE 7:00 AM / 45 MIN / CY	Studio Pilates Mix RAY 8:30 AM / 60 MIN / PL	HIIT CECILY 9:15 AM / 45 MIN / PF	Vinyasa Flow CECILY 7:15 AM / 60 MIN / CO	Glutes + Legs BEN 9:45 AM / 30 MIN / PF	Open Climb JAY 10:30 AM / 60 MIN / CB
Strength + Conditioning KATY 9:00 AM / 60 MIN / SG	HIIT CECILY 9:15 AM / 45 MIN / PF	Express Cycle JENNE 9:30 AM / 45 MIN / CY	Athletic Conditioning NATE 12:00 PM / 60 MIN / SG	Athletic Conditioning BEN 9:00 AM / 60 MIN / SG	Aerial Silk (\$) KYOKO 10:00 AM / 60 MIN / CB	Total Body Training NINA 11:00 AM / 60 MIN / PF
Coach Office Hour KATY 11:00 AM / 60 MIN / LOBBY	TRX® Bodyweight Burn ZACK 12:00 PM / 60 MIN / PW	All Core JENNE 10:30 AM / 30 MIN / PF	Vinyasa Flow RONN 1:00 PM / 60 MIN / CO	Coach Office Hour KATY 11:00 AM / 60 MIN / LOBBY	Lats + Arms BEN 10:15 AM / 30 MIN / PF	Boxing JENNE 11:15 AM / 60 MIN / PW
Build HANS 12:00 PM / 60 MIN / SG	Boot Camp 30 NATE 4:30 PM / 30 MIN / SG	Total Body Training TENAE 12:00 PM / 60 MIN / PF	Boxing DAVE 5:00 PM / 60 MIN / PW	Express Cycle CECILY 12:15 PM / 45 MIN / CY	TRX® Bodyweight Burn MEDWIN 10:30 AM / 60 MIN / PW	TRX® Bodyweight Burn ALISON 5:00 PM / 60 MIN / PW
Vinyasa Flow RONN 1:00 PM / 60 MIN / CO	Coach Office Hour ALISON 5:00 PM / 60 MIN / LOBBY	Bulgarian Bags RYAN 1:00 PM / 45 MIN / PW	Lats + Arms JAY 5:45 PM / 30 MIN / PF	All Core CECILY 1:00 PM / 30 MIN / PF	Express Cycle STEPH 10:45 AM / 45 MIN / CY	Honey Flow RONN 6:00 PM / 75 MIN / CO
Athletic Pilates RAY 5:15 PM / 60 MIN / CO	HIIT BEN 5:15 PM / 60 MIN / PF	Pull RYAN 5:00 PM / 45 MIN / PW	Build BEN 6:00 PM / 60 MIN / SG	Cross Mix HANS 4:30 PM / 30 MIN / SG	Build MEDWIN 11:30 AM / 60 MIN / SG	
HIIT SUSANNA 5:30 PM / 60 MIN / PF	Studio Pilates Mix RACHAEL 5:30 PM / 60 MIN / PL	Athletic Pilates RACHAEL 5:30 PM / 60 MIN / CO	TRX® Blitz ZACK 6:15 PM / 45 MIN / PW	Barre Mix KEN 5:15 PM / 60 MIN / CO	Foam Roll CECILY 11:30 AM / 30 MIN / CO	
Studio Cycle JET 5:45 PM / 60 MIN / CY	Vinyasa Flow CAITLIN 5:30 PM / 60 MIN / CO	Total Body Training SUSANNA 5:45 PM / 60 MIN / PF	Express Cycle MELISSA 6:15 PM / 45 MIN / CY	Strength + Conditioning HANS 5:30 PM / 60 MIN / SG	Power Yoga CECILY 12:00 PM / 75 MIN / CO	
TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Boxing DAVE 5:45 PM / 60 MIN / PW	TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Glutes + Legs JAY 6:30 PM / 30 MIN / PF	willPower & grace® KEN 6:15 PM / 60 MIN / PF	Studio Pilates Mix LOUIS 12:15 PM / 60 MIN / PL	
Build HANS 6:15 PM / 60 MIN / SG	Open Climb RYAN 5:45 PM / 60 MIN / CB	Strength + Conditioning HANS 6:15 PM / 60 MIN / SG	Barre Mix NINA 6:45 PM / 60 MIN / CO	Yin Yoga CAITLIN 6:30 PM / 60 MIN / CO	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	Power Yoga HOWARD 6:30 PM / 60 MIN / CO	All Core BEN 7:00 PM / 30 MIN / PF		Open Climb RYAN 1:30 PM / 60 MIN / CB	
Cardio Kickbox JESSICA 6:45 PM / 60 MIN / PF	Express Cycle TENAE 6:15 PM / 45 MIN / CY	Express Cycle JET 7:00 PM / 45 MIN / CY	MMA Conditioning STEVE 7:15 PM / 60 MIN / PW			
Express Cycle ALISON 7:00 PM / 45 MIN / CY	Total Body Training SUSANNA 6:30 PM / 60 MIN / PF	Muay Thai Kickboxing SAM 7:15 PM / 60 MIN / PW				
Muay Thai Kickboxing SAM 7:15 PM / 60 MIN / PW	Barre Mix NINA 6:45 PM / 60 MIN / CO					
All Core ALISON 7:45 PM / 30 MIN / PF	Kettlebell Flow RYAN 7:00 PM / 60 MIN / SG					
	TRX® Blitz ALISON 7:15 PM / 45 MIN / PW					

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.

Glutes + Legs

A full 30 minute concentration on your bottom half.

HIIT

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

Lats + Arms

A full 30 minute concentration on your upper half.

Total Body Training

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

willPower & grace®

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

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

Pilates for the athletic body, this class follows the traditional mat order w/ additional core & short aerobic exercises for flexibility, muscle endurance, core strength, & control.

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.

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

Studio Pilates Mix

A full body Pilates workout guaranteed to work your powerhouse a.k.a. core. In this sampler class you'll learn the basics w/ a combination of mat & equipment work in the Pilates Studio. Connect w/ your body & gain a strong foundation to progress into Tower or Reformer classes.

POWER STUDIO

Boxing

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

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.

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.

Boot Camp 30

Experience a high intensity combo class of moves & drills varied by the coach. 30 minutes to push your limits.

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.

Kettlebell Flow

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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