



Class | INSTRUCTOR

START TIME / CLASS LENGTH / STUDIO

## SCHEDULE

EFFECTIVE 12.1.2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Express Cycle</b>   KEN 6:15 AM / 45 MIN / <b>CY</b>	<b>Ashtanga Short Form</b>   CECILY 6:15 AM / 60 MIN / <b>CO</b>	<b>Express Cycle</b>   KEN 6:15 AM / 45 MIN / <b>CY</b>	<b>Vinyasa Flow</b>   KAYLEIGH 6:15 AM / 60 MIN / <b>CO</b>	<b>Express Cycle</b>   KEN 6:15 AM / 45 MIN / <b>CY</b>	<b>Vinyasa Flow</b>   CAITLIN 8:15 AM / 60 MIN / <b>CO</b>	<b>Zumba®</b>   BRENDAN 8:15 AM / 60 MIN / <b>PF</b>
<b>Glutes + Legs</b>   BEN 6:30 AM / 30 MIN / <b>PF</b>	<b>Boot Camp 30</b>   SAM 6:30 AM / 30 MIN / <b>SG</b>	<b>HIIT</b>   BEN 6:30 AM / 60 MIN / <b>PF</b>	<b>Boot Camp 30</b>   SAM 6:30 AM / 30 MIN / <b>SG</b>	<b>Glutes + Legs</b>   BEN 6:30 AM / 30 MIN / <b>PF</b>	<b>HIIT</b>   BEN 8:30 AM / 60 MIN / <b>PF</b>	<b>Vinyasa Flow</b>   JAY 9:15 AM / 60 MIN / <b>CO</b>
<b>All Core</b>   BEN 7:00 AM / 30 MIN / <b>PF</b>	<b>Total Body Training</b>   SUSANNA 7:00 AM / 60 MIN / <b>PF</b>	<b>Barre Mix</b>   KEN 7:15 AM / 60 MIN / <b>CO</b>	<b>Total Body Training</b>   TENAE 7:00 AM / 60 MIN / <b>PF</b>	<b>All Core</b>   BEN 7:00 AM / 30 MIN / <b>PF</b>	<b>Pull</b>   KYOKO 9:00 AM / 45 MIN / <b>PW</b>	<b>Express Cycle</b>   JENNE 10:15 AM / 45 MIN / <b>CY</b>
<b>Express Barre</b>   TENAE 7:15 AM / 45 MIN / <b>CO</b>	<b>Express Cycle</b>   TENAE 7:00 AM / 45 MIN / <b>CY</b>	<b>Studio Pilates Mix</b>   RAY 8:30 AM / 60 MIN / <b>PL</b>	<b>HIIT</b>   CECILY 9:15 AM / 45 MIN / <b>PF</b>	<b>Vinyasa Flow</b>   CECILY 7:15 AM / 60 MIN / <b>CO</b>	<b>Glutes + Legs</b>   BEN 9:45 AM / 30 MIN / <b>PF</b>	<b>Open Climb</b>   JAY 10:30 AM / 60 MIN / <b>CB</b>
<b>Strength + Conditioning</b>   KATY 9:00 AM / 60 MIN / <b>SG</b>	<b>HIIT</b>   CECILY 9:15 AM / 45 MIN / <b>PF</b>	<b>Express Cycle</b>   JENNE 9:30 AM / 45 MIN / <b>CY</b>	<b>Athletic Conditioning</b>   NATE 12:00 PM / 60 MIN / <b>SG</b>	<b>Athletic Conditioning</b>   BEN 9:00 AM / 60 MIN / <b>SG</b>	<b>Aerial Silk (\$)</b>   KYOKO 10:00 AM / 60 MIN / <b>CB</b>	<b>Total Body Training</b>   NINA 11:00 AM / 60 MIN / <b>PF</b>
<b>Coach Office Hour</b>   KATY 11:00 AM / 60 MIN / LOBBY	<b>TRX® Bodyweight Burn</b>   ZACK 12:00 PM / 60 MIN / <b>PW</b>	<b>All Core</b>   JENNE 10:30 AM / 30 MIN / <b>PF</b>	<b>Vinyasa Flow</b>   RONN 1:00 PM / 60 MIN / <b>CO</b>	<b>Coach Office Hour</b>   KATY 11:00 AM / 60 MIN / LOBBY	<b>Lats + Arms</b>   BEN 10:15 AM / 30 MIN / <b>PF</b>	<b>Boxing</b>   JENNE 11:15 AM / 60 MIN / <b>PW</b>
<b>Build</b>   HANS 12:00 PM / 60 MIN / <b>SG</b>	<b>Boot Camp 30</b>   NATE 4:30 PM / 30 MIN / <b>SG</b>	<b>Total Body Training</b>   TENAE 12:00 PM / 60 MIN / <b>PF</b>	<b>Boxing</b>   DAVE 5:00 PM / 60 MIN / <b>PW</b>	<b>Express Cycle</b>   CECILY 12:15 PM / 45 MIN / <b>CY</b>	<b>TRX® Bodyweight Burn</b>   MEDWIN 10:30 AM / 60 MIN / <b>PW</b>	<b>TRX® Bodyweight Burn</b>   ALISON 5:00 PM / 60 MIN / <b>PW</b>
<b>Vinyasa Flow</b>   RONN 1:00 PM / 60 MIN / <b>CO</b>	<b>Coach Office Hour</b>   ALISON 5:00 PM / 60 MIN / LOBBY	<b>Bulgarian Bags</b>   RYAN 1:00 PM / 45 MIN / <b>PW</b>	<b>Lats + Arms</b>   JAY 5:45 PM / 30 MIN / <b>PF</b>	<b>All Core</b>   CECILY 1:00 PM / 30 MIN / <b>PF</b>	<b>Express Cycle</b>   STEPH 10:45 AM / 45 MIN / <b>CY</b>	<b>Honey Flow</b>   RONN 6:00 PM / 75 MIN / <b>CO</b>
<b>Athletic Pilates</b>   RAY 5:15 PM / 60 MIN / <b>CO</b>	<b>HIIT</b>   BEN 5:15 PM / 60 MIN / <b>PF</b>	<b>Pull</b>   RYAN 5:00 PM / 45 MIN / <b>PW</b>	<b>Build</b>   BEN 6:00 PM / 60 MIN / <b>SG</b>	<b>Cross Mix</b>   HANS 4:30 PM / 30 MIN / <b>SG</b>	<b>Build</b>   MEDWIN 11:30 AM / 60 MIN / <b>SG</b>	
<b>HIIT</b>   SUSANNA 5:30 PM / 60 MIN / <b>PF</b>	<b>Studio Pilates Mix</b>   RACHAEL 5:30 PM / 60 MIN / <b>PL</b>	<b>Athletic Pilates</b>   RACHAEL 5:30 PM / 60 MIN / <b>CO</b>	<b>TRX® Blitz</b>   ZACK 6:15 PM / 45 MIN / <b>PW</b>	<b>Barre Mix</b>   KEN 5:15 PM / 60 MIN / <b>CO</b>	<b>Foam Roll</b>   CECILY 11:30 AM / 30 MIN / <b>CO</b>	
<b>Studio Cycle</b>   KEN 5:45 PM / 60 MIN / <b>CY</b>	<b>Vinyasa Flow</b>   CAITLIN 5:30 PM / 60 MIN / <b>CO</b>	<b>Total Body Training</b>   SUSANNA 5:45 PM / 60 MIN / <b>PF</b>	<b>Express Cycle</b>   MELISSA 6:15 PM / 45 MIN / <b>CY</b>	<b>Strength + Conditioning</b>   HANS 5:30 PM / 60 MIN / <b>SG</b>	<b>Power Yoga</b>   CECILY 12:00 PM / 75 MIN / <b>CO</b>	
<b>TRX® Bodyweight Burn</b>   SAM 6:00 PM / 60 MIN / <b>PW</b>	<b>Boxing</b>   DAVE 5:45 PM / 60 MIN / <b>PW</b>	<b>TRX® Bodyweight Burn</b>   SAM 6:00 PM / 60 MIN / <b>PW</b>	<b>Glutes + Legs</b>   JAY 6:30 PM / 30 MIN / <b>PF</b>	<b>willPower &amp; grace®</b>   KEN 6:15 PM / 60 MIN / <b>PF</b>	<b>Studio Pilates Mix</b>   LOUIS 12:15 PM / 60 MIN / <b>PL</b>	
<b>Build</b>   HANS 6:15 PM / 60 MIN / <b>SG</b>	<b>Open Climb</b>   RYAN 5:45 PM / 60 MIN / <b>CB</b>	<b>Strength + Conditioning</b>   HANS 6:15 PM / 60 MIN / <b>SG</b>	<b>Barre Mix</b>   NINA 6:45 PM / 60 MIN / <b>CO</b>	<b>Yin Yoga</b>   CAITLIN 6:30 PM / 60 MIN / <b>CO</b>	<b>Rock Climb 101</b>   RYAN 12:30 PM / 60 MIN / <b>CB</b>	
<b>Power Yoga</b>   RONN 6:30 PM / 60 MIN / <b>CO</b>	<b>Strength + Conditioning</b>   KATY 6:00 PM / 60 MIN / <b>SG</b>	<b>Power Yoga</b>   HOWARD 6:30 PM / 60 MIN / <b>CO</b>	<b>All Core</b>   BEN 7:00 PM / 30 MIN / <b>PF</b>		<b>Open Climb</b>   RYAN 1:30 PM / 60 MIN / <b>CB</b>	
<b>Cardio Kickbox</b>   JESSICA 6:45 PM / 60 MIN / <b>PF</b>	<b>Express Cycle</b>   TENAE 6:15 PM / 45 MIN / <b>CY</b>	<b>Muay Thai Kickboxing</b>   SAM 7:15 PM / 60 MIN / <b>PW</b>	<b>MMA Conditioning</b>   STEVE 7:15 PM / 60 MIN / <b>PW</b>			
<b>Express Cycle</b>   ALISON 7:00 PM / 45 MIN / <b>CY</b>	<b>Total Body Training</b>   SUSANNA 6:30 PM / 60 MIN / <b>PF</b>					
<b>Muay Thai Kickboxing</b>   SAM 7:15 PM / 60 MIN / <b>PW</b>	<b>Barre Mix</b>   NINA 6:45 PM / 60 MIN / <b>CO</b>					
<b>All Core</b>   ALISON 7:45 PM / 30 MIN / <b>PF</b>	<b>Kettlebell Flow</b>   RYAN 7:00 PM / 60 MIN / <b>SG</b>					
	<b>TRX® Blitz</b>   ALISON 7:15 PM / 45 MIN / <b>PW</b>					

## 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](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 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 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

### 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.



**STUDIOMIC**

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