



SCHEDULE

EFFECTIVE 3.1.2019

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
HIIT KEN 6:15 AM / 45 MIN / PF	Vinyasa Flow JAY 6:15 AM / 60 MIN / CO	Express Cycle KEN 6:15 AM / 45 MIN / CV	Vinyasa Flow KAYLEIGH 6:15 AM / 60 MIN / CO	Express Cycle KEN 6:15 AM / 45 MIN / CV	Vinyasa Flow RACHEL 8:15 AM / 60 MIN / CO	Vinyasa Flow JAY 9:15 AM / 60 MIN / CO
Strength + Conditioning BRIAN 9:00 AM / 60 MIN / SG	Boot Camp 30 SAM 6:30 AM / 30 MIN / SG	HIIT NINA 6:30 AM / 60 MIN / PF	Boot Camp 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	Express Cycle JENNE 10:15 AM / 45 MIN / CV
Build HANS 12:00 PM / 60 MIN / SG	Total Body Training SUSANNA 7:00 AM / 60 MIN / PF	Barre Mix KEN 7:15 AM / 60 MIN / CO	Total Body Training RAY 7:00 AM / 60 MIN / PF	Athletic Conditioning BRIAN 9:00 AM / 60 MIN / SG	HIIT MEDWIN 9:30 AM / 60 MIN / PF	Open Climb JAY 10:30 AM / 60 MIN / CB
Vinyasa Flow RONN 1:00 PM / 60 MIN / CO	HIIT CECILY 9:15 AM / 45 MIN / PF	Express Cycle JENNE 9:30 AM / 45 MIN / CV	HIIT CECILY 9:15 AM / 45 MIN / PF	Express Cycle CECILY 12:15 PM / 45 MIN / CV	Aerial Conditioning KYOKO 10:00 AM / 60 MIN / CB	Total Body Training NINA 11:00 AM / 60 MIN / PF
MMA Conditioning STEVE 4:45 PM / 60 MIN / PW	TRX® Bodyweight Burn ZACK 12:00 PM / 60 MIN / PW	All Core JENNE 12:00 AM / 30 MIN / PF	Athletic Conditioning NATE 10:30 PM / 60 MIN / SG	All Core CECILY 1:00 PM / 30 MIN / PF	TRX® Bodyweight Burn MEDWIN 10:30 AM / 60 MIN / PW	Boxing JENNE 11:15 AM / 60 MIN / PW
Athletic Pilates RAY 5:15 PM / 60 MIN / CO	Boot Camp 30 NATE 4:30 PM / 30 MIN / SG	Total Body Training NINA 12:00 PM / 60 MIN / PF	Vinyasa Flow RONN 1:00 PM / 60 MIN / CO	Cross Mix HANS 4:30 PM / 30 MIN / SG	Express Cycle MONICA 10:45 AM / 45 MIN / CV	TRX® Bodyweight Burn ALISON 5:00 PM / 60 MIN / PW
HIIT SUSANNA 5:30 PM / 60 MIN / PF	Coach Office Hour ALISON 5:00 PM / 60 MIN / LOBBY	Bulgarian Bags RYAN 1:00 PM / 45 MIN / PW	Boxing DAVE 5:00 PM / 60 MIN / PW	Barre Mix KEN 5:15 PM / 60 MIN / CO	Build MEDWIN 11:30 AM / 60 MIN / SG	Honey Flow RONN 6:00 PM / 75 MIN / CO
Studio Cycle KEN 5:45 PM / 60 MIN / CV	HIIT RAY 5:15 PM / 60 MIN / PF	Pull RYAN 5:00 PM / 45 MIN / PW	Vinyasa Flow RACHEL 5:30 PM / 60 MIN / CO	Strength + Conditioning HANS 5:30 PM / 60 MIN / SG	Foam Roll CECILY 11:30 AM / 30 MIN / CO	
TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Vinyasa Flow RACHEL 5:30 PM / 60 MIN / CO	Studio Pilates Mix RACHAEL 5:30 PM / 60 MIN / PL	Build BRIAN 6:00 PM / 60 MIN / SG	Studio Cycle ANDRES 5:45 PM / 60 MIN / CV	Power Yoga CECILY 12:00 PM / 75 MIN / CO	
Build HANS 6:15 PM / 60 MIN / SG	Boxing DAVE 5:45 PM / 60 MIN / PW	Total Body Training SUSANNA 5:45 PM / 60 MIN / PF	TRX® Blitz ZACK 6:15 PM / 45 MIN / PW	willPower & grace® KEN 6:15 PM / 60 MIN / PF	Studio Pilates Mix LOUIS 12:15 PM / 60 MIN / PL	
Power Yoga RONN 6:30 PM / 60 MIN / CO	Strength + Conditioning BRIAN 6:00 PM / 60 MIN / SG	TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Express Cycle MELISSA 6:15 PM / 45 MIN / CV	Yin Yoga CAITLIN 6:30 PM / 60 MIN / CO	Rock Climb 101 RYAN 12:30 PM / 60 MIN / CB	
Glutes + Legs KEN 6:45 PM / 30 MIN / PF	Express Cycle RAY 6:30 PM / 45 MIN / CV	Strength + Conditioning HANS 6:15 PM / 60 MIN / SG	Barre Mix NINA 6:45 PM / 60 MIN / CO		Open Climb RYAN 1:30 PM / 60 MIN / CB	
Express Cycle ALISON 7:00 PM / 45 MIN / CV	Total Body Training SUSANNA 6:30 PM / 60 MIN / PF	Power Yoga HOWARD 6:30 PM / 60 MIN / CO	All Core BRIAN 7:00 PM / 30 MIN / PF			
Lats + Arms KEN 7:15 PM / 30 MIN / PF	Barre Mix NINA 6:45 PM / 60 MIN / CO	Zumba® ANDRES 6:45 PM / 60 MIN / PF	MMA Conditioning STEVE 7:15 PM / 60 MIN / PW			
Muay Thai Kickboxing SAM 7:15 PM / 60 MIN / PW	TRX® Blitz ALISON 7:00 PM / 45 MIN / PW	Muay Thai Kickboxing SAM 7:15 PM / 60 MIN / PW				
All Core ALISON 7:45 PM / 30 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!

Glutes + Legs

A full 30 minute concentration on your bottom half.

HIIT

Build your endurance w/ high intensity intervals in this metabolism boosting workout.

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

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.

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

Learn the basic foundations of equipment work in the Pilates Studio. Our classically trained instructors will guide you through a focused workout to challenge your core & increase body awareness.

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 Conditioning

Aerial Conditioning utilizes the aerial silk, a suspension training tool that was originally created for Cirque du Soleil & has since been incorporated into the circus arts & aerial fitness. It requires courage & strength to master drops, slides, & rolls in the air. This 60 minute small group session is excellent for those looking to learn fundamental aerial skills, become strong, & increase overall flexibility. Work w/ a professional to become comfortable on the silks & conquer your fear of heights!

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.

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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