



Class | INSTRUCTOR

START TIME / CLASS LENGTH / STUDIO

SCHEDULE

EFFECTIVE 5.1.2019

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

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

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.

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.

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 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.

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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