



Class | INSTRUCTOR

START TIME / CLASS LENGTH / STUDIO

### SCHEDULE

EFFECTIVE 3.1.2020

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>HIIT</b>   NINA 6:15 AM / 45 MIN / PF	<b>Vinyasa Flow</b>   ALEXANDRES 6:15 AM / 60 MIN / CO	<b>HIIT</b>   KEN 6:15 AM / 45 MIN / PF	<b>Vinyasa Flow</b>   ALEXANDRES 6:15 AM / 60 MIN / CO	<b>Express Cycle</b>   MURIEL 6:15 AM / 45 MIN / CY	<b>Vinyasa Flow</b>   RACHEL 8:15 AM / 60 MIN / CO	<b>Vinyasa Flow</b>   JAY 9:15 AM / 60 MIN / CO
<b>TRX® Blitz</b>   NINA 7:00 AM / 45 MIN / PW	<b>Express Cycle</b>   MURIEL 6:15 AM / 45 MIN / CY	<b>Barre Mix</b>   KEN 7:15 AM / 60 MIN / CO	<b>Bootcamp 30</b>   SAM 6:30 AM / 30 MIN / SG	<b>Vinyasa Flow</b>   CECILY 7:15 AM / 60 MIN / CO	<b>Cardio Step</b>   ELI 8:30 AM / 60 MIN / PF	<b>Express Cycle</b>   RAY 10:15 AM / 45 MIN / CY
<b>Studio Pilates Mix</b>   KIM 7:15 AM / 60 MIN / PL	<b>Bootcamp 30</b>   SAM 6:30 AM / 30 MIN / SG	<b>Coach Office Hour</b>   RAY 8:30 AM / 30 MIN / LOBBY	<b>Total Body Training</b>   ELI 7:00 AM / 60 MIN / PF	<b>Athletic Conditioning</b>   BRIAN 9:00 AM / 60 MIN / SG	<b>Pull</b>   KYOKO 9:00 AM / 45 MIN / PW	<b>Total Body Training</b>   NINA 11:00 AM / 60 MIN / PF
<b>Strength + Conditioning</b>   BRIAN 9:00 AM / 60 MIN / SG	<b>Total Body Training</b>   CECILY 7:00 AM / 60 MIN / PF	<b>Cardio Dance by 305 Fitness</b> 9:15 AM / 45 MIN / PF	<b>TRX® Primal Flow</b>   MAY 7:15 AM / 60 MIN / PW	<b>Express Cycle</b>   CECILY 12:15 PM / 45 MIN / CY	<b>Primal Yoga</b>   MAY 9:30 AM / 60 MIN / CO	<b>Studio Pilates Mix</b>   RAY 11:15 AM / 60 MIN / PL
<b>Build</b>   HANS 12:00 PM / 60 MIN / SG	<b>Express Cycle</b>   MURIEL 7:15 AM / 45 MIN / CY	<b>Express Cycle</b>   RAY 9:30 AM / 45 MIN / CY	<b>HIIT</b>   CECILY 9:15 AM / 45 MIN / PF	<b>All Core</b>   CECILY 1:00 PM / 30 MIN / PF	<b>HIIT</b>   LESLIE 9:45 AM / 45 MIN / PF	<b>Boxing</b>   GABE 11:30 AM / 60 MIN / PW
<b>Vinyasa Flow</b>   RONN 1:00 PM / 60 MIN / CO	<b>HIIT</b>   CECILY 9:15 AM / 45 MIN / PF	<b>Total Body Training</b>   NINA 12:00 PM / 60 MIN / PF	<b>Athletic Conditioning</b>   NATE 12:00 PM / 60 MIN / SG	<b>Coach Office Hour</b>   KEN 4:00 PM / 60 MIN / LOBBY	<b>Aerial Conditioning</b>   KYOKO 10:00 AM / 60 MIN / CB	<b>TRX® Bodyweight Burn</b>   KEN 5:00 PM / 60 MIN / PW
<b>Coach Office Hour</b>   RAY 5:00 PM / 30 MIN / LOBBY	<b>TRX® Bodyweight Burn</b>   ZACK 12:00 PM / 60 MIN / PW	<b>Pull</b>   RYAN 1:00 PM / 45 MIN / PW	<b>Vinyasa Flow</b>   RONN 1:00 PM / 60 MIN / CO	<b>Cross Mix</b>   HANS 5:00 PM / 30 MIN / SG	<b>Studio Cycle</b>   ELI 10:00 AM / 60 MIN / CY	<b>Honey Flow</b>   RONN 6:00 PM / 75 MIN / CO
<b>MMA Conditioning</b>   STEVE 5:00 PM / 60 MIN / PW	<b>Bootcamp 30</b>   NATE 5:00 PM / 30 MIN / SG	<b>Bootcamp 30</b>   NATE 5:30 PM / 30 MIN / SG	<b>Boxing</b>   DAVE 5:15 PM / 60 MIN / PW	<b>Barre Mix</b>   KEN 5:15 PM / 60 MIN / CO	<b>TRX® Bodyweight Burn</b>   LESLIE 10:30 AM / 60 MIN / PW	
<b>Barre Mix</b>   KEN 5:15 PM / 60 MIN / CO	<b>HIIT</b>   SUSANNA 5:15 PM / 60 MIN / PF	<b>Studio Pilates Mix</b>   RACHAEL 5:30 PM / 60 MIN / PL	<b>Vinyasa Flow</b>   RACHEL 5:30 PM / 60 MIN / CO	<b>Cardio Dance by 305 Fitness</b> 5:30 PM / 45 MIN / PF	<b>Cardio Dance by 305 Fitness</b> 10:45 AM / 45 MIN / PF	
<b>Studio Pilates Plus</b>   RAY 5:30 PM / 60 MIN / PL	<b>Vinyasa Flow</b>   RACHEL 5:30 PM / 60 MIN / CO	<b>Total Body Training</b>   SUSANNA 5:45 PM / 60 MIN / PF	<b>HIIT</b>   JOEY 5:45 PM / 60 MIN / PF	<b>Strength + Conditioning</b>   HANS 5:30 PM / 60 MIN / SG	<b>Foam Roll + Stretch</b>   MAY 11:00 AM / 30 MIN / CO	
<b>HIIT</b>   CECILY 5:45 PM / 60 MIN / PF	<b>Boxing</b>   DAVE 5:45 PM / 60 MIN / PW	<b>TRX® Bodyweight Burn</b>   SAM 6:00 PM / 60 MIN / PW	<b>Build</b>   BRIAN 6:00 PM / 60 MIN / SG	<b>Restorative Yin Yoga</b>   CAITLIN 6:30 PM / 60 MIN / CO	<b>Build</b>   LESLIE 11:30 AM / 60 MIN / SG	
<b>TRX® Bodyweight Burn</b>   SAM 6:00 PM / 60 MIN / PW	<b>Strength + Conditioning</b>   BRIAN 6:00 PM / 60 MIN / SG	<b>Strength + Conditioning</b>   HANS 6:15 PM / 60 MIN / SG	<b>Express Cycle</b>   MELISSA 6:15 PM / 45 MIN / CY		<b>Power Yoga</b>   CECILY 12:00 PM / 75 MIN / CO	
<b>Build</b>   HANS 6:15 PM / 60 MIN / SG	<b>Express Cycle</b>   LESLIE 6:15 PM / 45 MIN / CY	<b>Power Yoga</b>   JAY 6:30 PM / 75 MIN / CO	<b>Intermediate Boxing</b>   DAVE 6:30 PM / 60 MIN / PW		<b>Rock Climb 101</b>   RYAN 12:30 PM / 60 MIN / CB	
<b>Power Yoga</b>   RONN 6:30 PM / 75 MIN / CO	<b>Total Body Training</b>   SUSANNA 6:30 PM / 60 MIN / PF	<b>Express Cycle</b>   SUSANNA 6:45 PM / 45 MIN / CY	<b>Athletic Pilates</b>   KIM 6:45 PM / 60 MIN / CO		<b>Open Climb</b>   RYAN 1:30 PM / 60 MIN / CB	
<b>Express Cycle</b>   MURIEL 6:45 PM / 45 MIN / CY	<b>Barre Mix</b>   NINA 6:45 PM / 60 MIN / CO	<b>Hip Hop</b>   REBECCA 7:00 PM / 60 MIN / PF	<b>All Core</b>   BRIAN 7:00 PM / 30 MIN / PF			
<b>Total Body Training</b>   ANDRES 7:00 PM / 60 MIN / PF	<b>TRX® Blitz</b>   LESLIE 7:00 PM / 45 MIN / PW	<b>Muay Thai Kickboxing</b>   SAM 7:15 PM / 60 MIN / PW	<b>Cardio Dance by 305 Fitness</b> 7:45 PM / 45 MIN / PF			
<b>Muay Thai Kickboxing</b>   SAM 7:15 PM / 60 MIN / PW	<b>Cardio Dance by 305 Fitness</b> 7:45 PM / 45 MIN / PF	<b>Cardio Dance by 305 Fitness</b> 8:15 PM / 45 MIN / PF				
<b>All Core</b>   RONN 8:00 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](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 Dance by 305 Fitness

You'll be sweating like crazy in this 45-minute cardio dance party from NYC! W/ a focus on high-intensity rhythmic cardio, this class also features sprint intervals, sculpting, & a stretch cool down all set to a live DJ.

### Cardio Step

This challenging, classic workout involves upbeat, rhythmic stepping on a raised platform. Similar to going up & down the stairs, these choreographed patterns will get your heart pumping.

### HIIT

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

### Hip Hop

Pairing progressive choreography w/ catchy hip hop music, this class is designed to keep you moving non-stop. Have a blast & challenge your coordination by building a dance routine step-by-step.

### Total Body Training

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

## ANY STUDIO

### 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.

### Coach Office Hour

Take advantage of this free time w/ our head health coaches. Ask questions about classes, your fitness goals, or anything else on the top of your mind. We're here to help.

## CORE STUDIO

### Athletic Pilates

Pilates for the athletic body, this class will teach you how to perform common fitness exercises w/ better alignment and control. Build core strength & stability with non-stop, beat-based movement. We'll work to the music for a fun, full body challenge.

### Barre Mix

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

### Foam Roll + Stretch

Loosen things up, treat day-to-day stiffness, help prevent injury, & rejuvenate in this therapeutic class designed to teach you a myriad of foam rolling & stretching techniques.

### 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.

### Primal Yoga

Primal Yoga is a strong, creative, playful Power Vinyasa Yoga inspired class. A full body workout designed to dramatically increase your functional fitness!

### Restorative Yin Yoga

Blend restorative, gentle yoga w/ breathwork & meditation to bring the body into balance & reduce stress.

### 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.

## 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.

### Studio Pilates Plus

The next step for your Pilates practice, this intense workout incorporates intermediate to advanced exercises on various equipment in the Pilates Studio. We recommend you start with Studio Pilates Mix, Athletic Pilates, or private sessions before attending this class..

## POWER STUDIO

### Boxing

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

### Intermediate Boxing

Jab. Cross. Hook. Uppercut. If you are comfortable w/ these punches, have basic footwork, & can hold mitts, jump into Intermediate Boxing & take your skills to the next level.

### 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 intermediate level, dynamic class builds strength, flexibility, & endurance while activating your core.

### TRX® Bodyweight Burn

You are the weight. Learn to leverage it on the TRX®.

### TRX® Primal Flow

This challenging, evolving, playful class blends training on the TRX® suspension straps w/ traditional Power Vinyasa Yoga to improve strength, flexibility, balance & more.

## 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

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.

### Bootcamp 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.



**STUDIOMIC**

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