



SCHEDULE

EFFECTIVE 2.1.2020

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

Class | INSTRUCTOR

START TIME / CLASS LENGTH / STUDIO

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

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 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.

Total Body Training

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

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

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 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 + 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.

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 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.

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.



STUDIOMIX

1000 Van Ness, 3rd Floor
San Francisco, CA 94109
info@studiomix.com
415.926.6790

Monday - Friday | 6am-10pm
Saturday & Sunday | 8am-8pm