



SCHEDULE
EFFECTIVE 7.30.12
 classes subject to change
 please verify 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
 CO - Core Studio
 PW - Power Studio
 CY - Cycle Studio
 SG - Strength Studio
 CB - Climb Studio

Class | INSTRUCTOR
 START TIME / CLASS LENGTH / STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRX® Bodyweight Burn VINCENT 8:00 AM / 60 MIN / PW	Bootcamp Mix VANESSA 6:30 AM / 60 MIN / PF	TRX® Bodyweight Burn KIRK 6:15 AM / 60 MIN / PW	Studio Road Ride JET 6:15 AM / 45 MIN / CY	Yoga 101 ADESINA 7:00 AM / 60 MIN / CO	Bootcamp Mix ANDRE 8:15 AM / 45 MIN / PF	Yoga Flow ROBIN 9:00 AM / 60 MIN / CO
Contact Box SAM 12:00 PM / 60 MIN / PW	Turbo Kick® CARLIE 9:30 AM / 60 MIN / PF	Power Yoga DIANA 7:00 AM / 60 MIN / CO	Tabata Cross JET 7:00 AM / 60 MIN / PF	TRX® Bodyweight Burn VANESSA 8:30 AM / 60 MIN / PW	Power Yoga MARINA 9:00 AM / 75 MIN / CO	Pro Box DAVE 10:00 AM / 60 MIN / PW
Yoga Flow RONN 1:00 PM / 60 MIN / CO	Pilates 101 STELLA 12:00 PM / 60 MIN / CO	Barre Mix ANA 10:45 AM / 60 MIN / CO	Turbo Kick® CARLIE 9:30 AM / 60 MIN / PF	Studio Cycle Mix CARL 12:00 PM / 60 MIN / CY	Zumba® STELLA 9:30 AM / 60 MIN / PF	Total Body Conditioning FRANCISCO 11:00 AM / 60 MIN / PF
Tai Chi BRENDA 2:00 PM / 60 MIN / PF	CrossMix MICHAEL 4:30 PM / 30 MIN / SG	Studio Road Ride VANESSA 12:00 PM / 60 MIN / CY	Bootcamp Mix MICHAEL 12:00 PM / 60 MIN / PF	All Core CARL 1:00 PM / 30 MIN / PF	TRX® Bodyweight Burn VINCENT 10:00 AM / 60 MIN / PW	Tough Girl MICHAEL 12:00 PM / 60 MIN / SG
Athletic Pilates KIRK 5:15 PM / 60 MIN / CO	TRX® Bodyweight Burn JET 5:30 PM / 60 MIN / PW	Yoga Flow ADESINA 1:00 PM / 60 MIN / CO	Yoga Flow RONN 1:00 PM / 60 MIN / CO	CrossMix VINCENT 4:30 PM / 30 MIN / SG	Studio Cycle Mix CARL 10:15 AM / 60 MIN / CY	SharQui® Bellydance ANDREA 1:30 PM / 60 MIN / PF
R.I.P.E.D.® CARLIE 5:30 PM / 60 MIN / PF	Foam Roll Release ANDRE 5:45 PM / 40 MIN / PF	Tai Chi BRENDA 3:30 PM / 60 MIN / PF	TRX® Bodyweight Burn VANESSA 5:30 PM / 60 MIN / PW	Pilates Mix STELLA 5:00 PM / 60 MIN / CO	Barre Mix STELLA 10:45 AM / 60 MIN / CO	Rock Climb MICHAEL 3:00 PM / 60 MIN / CB
TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	Studio Cycle Mix LINDA 6:30 PM / 60 MIN / CY	Barre Mix STELLA 5:30 PM / 60 MIN / CO	Resistance Training ANDRE 5:45 PM / 45 MIN / PF	Cycle Circuit HEATHER 5:30 PM / 60 MIN / CY	Bosu Fit CARL 11:30 AM / 60 MIN / PF	TRX® Bodyweight Burn EMILIE 5:00 PM / 60 MIN / PW
Power Yoga JENNEVIEVE 6:30 PM / 75 MIN / CO	willPower & grace® KIM 6:45 PM / 60 MIN / PF	Total Body Conditioning ANDRE 5:45 PM / 60 MIN / PF	Studio Road Ride VANESSA 6:30 PM / 60 MIN / CY	Yin Yoga DIANA 6:15 PM / 75 MIN / CO	Foam Roll Release STELLA 12:00 PM / 30 MIN / CO	Yin Yoga RHIANNON 6:00 PM / 75 MIN / CO
Zumba® CARLIE 6:45 PM / 60 MIN / PF	Kettlebell Camp KIRK 7:00 PM / 60 MIN / SG	TRX® Bodyweight Burn SAM 6:00 PM / 60 MIN / PW	willPower & grace® KIM 6:45 PM / 60 MIN / PF	Hip Hop HEATHER 6:30 PM / 60 MIN / PF	MMA Conditioning VINCENT 1:00 PM / 60 MIN / PW	
Rock Climb MICHAEL 7:00 PM / 60 MIN / CB	Yoga Flow RHIANNON 7:30 PM / 75 MIN / CO	Yoga Flow JENNEVIEVE 6:30 PM / 75 MIN / CO	Kettlebell Camp KIRK 7:00 PM / 60 MIN / SG		CrossMix VINCENT 3:30 PM / 30 MIN / SG	
Studio Cycle Mix EMILIE 7:15 PM / 60 MIN / CY	CrossMix MICHAEL 8:00 PM / 30 MIN / SG	Zumba® STELLA 6:45 PM / 60 MIN / PF	Yoga Flow RHIANNON 7:30 PM / 75 MIN / CO		Yoga Flow NANJI 4:00 PM / 60 MIN / CO	
Muay Thai SAM 7:30 PM / 60 MIN / PW		Contact Box SAM 7:30 PM / 60 MIN / PW	CrossMix MICHAEL 8:00 PM / 30 MIN / SG			
All Core MICHAEL 8:30 PM / 30 MIN / PF		Stretch + Lengthen KEN 8:30 PM / 30 MIN / PF				

FIRST CLASS ON US!

Consider this our small selection to get things started. We're happy to add additional class options to the line up. Speak up and give us your suggestions to help shape our evolving schedule. After all, STUDIOMIX is your gym! Email ideas@studiomix.com.

CLASS DESCRIPTIONS

Visit STUDIOMIX.COM for online schedules and studio information. This schedule is subject to change.

PERFORMANCE STUDIO

All Core

The strength of our limbs is limited by the strength of our core. Join an All Core class for a solid fountain, not to mention a sculpted center!

Ballet

Ready your toes for fluid, expressive movement that is both challenging & elegant.

Bosu Fit

Ever wonder how many things you can do with half of a large blue ball? This challenging mix of balance and bodyweight training will take you to the next level.

Hip Hop

We've got you covered whether you've honed moves of your own or just want a good foundation to enjoy San Francisco's eclectic club scene.

Resistance Training

Burn and sweat with resistance bands and light weight, high rep training. A killer class designed to build muscular endurance and definition.

Retro Step

An oldie, but goodie step class. A classic workout to keep you challenged.

R.I.P.P.E.D.®

This total body, high intensity program, utilizes free weights, resistance, and bodyweight.

Salsa

Explore this sultry dance as you move your hips and free your feet, expressing a spirit of physical culture that's uniquely Latin and a truly great workout.

SharQui® Bellydance

Middle Eastern-inspired dance based on rhythmic core movements and evocative gestures. Come shake it.

Tabata Cross

Total body, high intensity, interval conditioning. This class fuses 24 different challenges for 3 rounds of calisthenics, cardio, plyometrics and weight training.

Total Body Conditioning

Every muscle fiber will be screaming by the end. Work it all and get the most for your time.

Turbo Kick®

Mix kickboxing & simple dance moves with music. Makes you want to move it!

Zumba®

Sometimes you need to ditch the workout, and join the party. For an exhilarating, Latin-inspired, all level dance class, try Zumba® and get your sweat on.

willPower & grace®

Develop strength, endurance, flexibility, and range of motion through this inspiring, barefoot, cardio flow workout.

CORE STUDIO

Athletic Pilates

A Pilates inspired athletic core workout focusing on breath, alignment, and stretching. Stay connected and find strength with every exhale.

Barre Mix

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

Foam Roll Release

The most overlooked component of injury prevention and continual progress is soft-tissue quality. Roll out your muscles, treat day-to-day stiffness, recover, and loosen things up.

Pilates Mix

Pilates Mat and more. We get back to what Joseph Pilates really had in mind: connecting our minds to our muscles.

Pilates 101

Our onramp to Pilates focused on foundational techniques and core stability.

PowerYoga

Athletic yoga. This power session is a must.

Stretch + Lengthen

Bodies require precise tension and tone to keep posture tall and open. Stay long and lean with a 30 minute proper stretch before or after your next class. Your body will thank you.

Tai Chi

Taiji 太极拳 (or "Tai Chi") is an ancient form of Chinese martial arts combining meditation with physical movement. We emphasize balance, breath control, relaxation, and the cultivation of energy.

Yin Yoga

Class focused on creating relaxation and handling the real-life stress we face everyday. Come in for a physical and emotional tune-up.

Yoga Flow

Based upon Vinyasa Yoga foundations, we'll develop a connection with breath and intention. We look forward to taking you to the blissful place where your mind and body reconnect.

Yoga 101

Yoga 101 is our introduction for anyone hesitant to start their yoga practice. We'll give you the basic foundation to build on and guarantee you'll be back for more.

POWER STUDIO

Contact Box

Learning the technique to throw a punch is one thing, but learning to hit a moving target is another. This class emphasizes safety and advanced self-defense for anyone who'd like to take their dukes to college.

Jiu Jitsu

With a focus on ground fighting and chokes, our Jiu Jitsu classes are open to all of our members for an awesome self-defense workout or some serious fight training.

MMA Conditioning

Our MMA classes take the most effective techniques from multiple martial arts systems and combine the most useful. You'll move from learning to throw a punch and holding a stance to more advanced techniques like takedowns and submissions.

Muay Thai

The "Art of 8 Limbs" teaches Thai-inspired self-defense and competition fighting. Once you master the basics you'll be amazed what your fists, feet, knees, and elbows can do.

Pro Box

Stick. Jab. Move. Again. Learn a little one-two with the pros, even if you're not one.

TRX® Bodyweight Burn

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

CYCLE STUDIO

Cycle Circuit

If you like to take the faster route, our Cycle Circuit classes supply the speed and intensity you crave combined with a few exciting stops off the bike to strengthen muscles and align the spine.

Studio Cycle Mix

Sweat it out with a challenging ride to motivating music. We'll mix it up and class will fly by.

Studio Road Ride

There's a humming coming from the gleaming chrome wheels of a room with 30 cyclists covering miles of a virtual San Francisco avenue. Sprint your way through meticulously chosen hills, valleys, and straightaways until you coast through the finish line.

STRENGTH STUDIO

Cross Mix

30 minutes of high intensity training on the gym floor. Get in and get it done.

Kettlebell Camp

Learn to swing and lift the bells with ease. Practice your form while building strength, endurance, and coordination.

Structure: Strength and Balance

We're only as strong as our weakest link. Structure classes address weak point training and common injury prevention for athletes and beginning members.

Tough Girl

Victoria's Secret models lift weights and so do female athletes. Get in the Mix.

CLIMB STUDIO

Advanced Climb

Already belay certified and want to elevate your practice to new heights? Our expert coaches will keep you challenged and take you climb to the next level.

Rock Climb

Build strength, agility, and endurance on our 3 story indoor rock wall. Even if you have never climbed before, we'll get you up to speed and up the wall safely.

ANY STUDIO

Circuits

When you can't make the start of your favorite class, bet on the best circuit layouts waiting for you, predefined by our health coaches, and easy to jump into at anytime.

Bootcamp Mix

Just what you think: a combo class of moves and drills to keep you at your fittest.

1-on-1

All classes can be held in a 1-on-1 format with our expert coaches. If you need some personal attention to go pro or simply want to start with the basics before jumping into class, schedule a 1-on-1 session today. After all, everyone needs a coach.



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