



Events/ Workshops

Bone Marrow Drive - Thurs 3/8, 5-9p
A cheek swab is all it takes to help save a life! Visit the booth on site, give up some saliva, and you're done!

Cannabis Topicals Workshop - Fri 3/9, 7:15-9:15p

An active yoga practice followed by stretchy, deep, restorative postures. Experiment with a variety of THC-infused skincare products throughout the practice.

Hip Opening and/or Shoulder Opening Workshops - Sat 3/17, 3:30-6:30p

Sam's uber-popular hip and shoulder opening workshops are back in the form of a double-header! Take one or both; either way you'll be doing your bod a major solid!

Night of a Thousand Onesies - Fri 3/23, all day (also free guest day!)

Back by popular demand! Break out the ol' footie pajamas or rock your new unicorn onesie - anything goes! ...As long as it comes in one piece and makes you feel like the snuggliest crusher ever!

Breakdance Foundations Workshop - Sat 3/24, 1:15-3:15p

Basic top rock, 6-step footwork, and baby freezes will be covered in this creative movement exploration. great for newbies. Wear sneakers and T's.

MON	TUE	WED	THU	FRI	SAT	SUN
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Special Events or Holiday Hours</div> <div style="border: 1px solid black; padding: 5px;">Fitness/Yoga classes <i>New Class Added</i></div>			1 Core Flow 6:45a TRX 12:15p Balance Flow 6p TRX 7:15p Vinyasa Flow 8:30p	2 Anusara 6:45-8:15a Anusara Balance 8:15a Target Training 11-11:45 Power Vinyasa Flow 12:15-1:30p Intro to Power Yoga 5p Yin Yoga 6p	3 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	4 Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p
5 Hatha Flow 7:15a Acro Yoga 6:45-8:15p Stretch Fit 8:30p	6 Vinyasa Flow 6:45a Yoga Basics 12:15p TRX 6p Hatha Basics 7:15p Mixed-Level 8:30p Chill Yoga 9:45p	7 Hatha Flow 6:45a Hard Core 12:15p Cardio Core 6p Vinyasa Flow 7:15p Thai Massage 8:30-945	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Bone Marrow Donor Drive 5-9p</div> 8 Core Flow 6:45a TRX 12:15p Balance Flow 6p TRX 7:15p Vinyasa Flow 8:30p	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Cannabis Topicals 7:15-9:15p</div> 9 Anusara 6:45-8:15a Anusara Balance 8:15a Target Training 11-11:45 Power Vinyasa Flow 12:15-1:30p Intro to Power Yoga 5p Yin Yoga 6p	10 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	11 Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p
12 Hatha Flow 7:15a Acro Yoga 6:45-8:15p Stretch Fit 8:30p	13 Vinyasa Flow 6:45a Yoga Basics 12:15p TRX 6p Hatha Basics 7:15p Mixed-Level 8:30p Chill Yoga 9:45p	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Belay Partner Night 6-9p</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">#WCW 7p</div> 14 Hatha Flow 6:45a Hard Core 12:15p Cardio Core 6p Vinyasa Flow 7:15p Thai Massage 8:30-945	15 Core Flow 6:45a TRX 12:15p Balance Flow 6p TRX 7:15p Vinyasa Flow 8:30p	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">College Day</div> 16 Anusara 6:45-8:15a Anusara Balance 8:15a Target Training 11-11:45 Power Vinyasa Flow 12:15-1:30p Intro to Power Yoga 5p Yin Yoga 6p	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Hip Opening 5:15-6:30p</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Shoulder Opening 3:30-5p</div> 17 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	18 Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p
19 Hatha Flow 7:15a Acro Yoga 6:45-8:15p Stretch Fit 8:30p	20 Vinyasa Flow 6:45a Yoga Basics 12:15p TRX 6p Hatha Basics 7:15p Mixed-Level 8:30p Chill Yoga 9:45p	21 Hatha Flow 6:45a Hard Core 12:15p Cardio Core 6p Vinyasa Flow 7:15p Thai Massage 8:30-945	22 Core Flow 6:45a TRX 12:15p Balance Flow 6p TRX 7:15p Vinyasa Flow 8:30p	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Night of a Thousand Onesies</div> 23 Anusara 6:45-8:15a Anusara Balance 8:15a Target Training 11-11:45 Power Vinyasa Flow 12:15-1:30p Intro to Power Yoga 5p Yin Yoga 6p <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">Guest Day</div>	24 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">Breakdance Foundations 1:15-3:15p</div>	25 Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p
26 Hatha Flow 7:15a Acro Yoga 6:45-8:15p Stretch Fit 8:30p	27 Vinyasa Flow 6:45a Yoga Basics 12:15p TRX 6p Hatha Basics 7:15p Mixed-Level 8:30p Chill Yoga 9:45p	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">#WCW 7p</div> 28 Hatha Flow 6:45a Hard Core 12:15p Cardio Core 6p Vinyasa Flow 7:15p Thai Massage 8:30-945	29 Core Flow 6:45a TRX 12:15p Balance Flow 6p TRX 7:15p Vinyasa Flow 8:30p	30 Anusara 6:45-8:15a Anusara Balance 8:15a Target Training 11-11:45 Power Vinyasa Flow 12:15-1:30p Intro to Power Yoga 5p Yin Yoga 6p	31 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	

Climbing Clinics

Lead 1 - Sat 3/17, 3/31, 6p

Lead 2 - Sun 3/18, 4/1, 6p

Conditioning for Climbers - Tue 3/8, 3/22, 7p

Woman Crusher Wednesday - (FREE) 3/14, 3/28 7p

Basic Technique - Mon 3/19, 7p

Intermediate Technique - Mon 3/12, 7p

Intro to Canyoneering - Sun 3/25, 4-6p

Intro Classes (FREE for members)

Intro to Climbing (Belay)

Tues, Wed, Thur 12:30p, 6p, 7:30p

Mon, Fri 6p, 7:30p

Sat, Sun 10:30a, 1p, 3p

Intro to Bouldering

Thurs 6p, Sat 12p

Info

M/W/F: 6:30am-10pm

T/Th: 6:30am-11pm

S/S: 9am-7pm

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Mondays

Hatha Flow w/ Cassandra - Practice traditional Hatha yoga poses with breath-directed movements to build strength and release tension in this invigorating class.

Acro Yoga w/ Sarah - Combine yoga, acrobatics, and Thai massage to create supported versions of traditional yoga poses and build strength. All levels, no partner needed.

Stretch Fit w/ Lauren - Combine, gymnastics, yoga, pilates, and calisthenics to improve body posture, balance, agility, flexibility, and coordination.

Tuesdays

Vinyasa Flow w/ Kayla - A visceral vinyasa creates a sanctuary of rhythmic experience with intention to welcome the cycles of creation, preservation and destruction.

Yoga Basics w/ Fania - A physical practice with a focus on integrating breath to encourage commonly neglected parts of our bodies to work together to build a stable foundation. All levels.

Hatha Basics w/ Marco - A beginner's level sequence that will break down the postures to ensure you are moving safely while building strength & restoratively stretching.

Mixed-levels Hatha w/ Marco - A mixed-level practice focused on a sequence that targets the balance of strength & flexibility to prepare the body for intro arm balances and inversions.

TRX w/ Eddie - Build a rock solid core, enhance flexibility, and improve grip strength using gravity and your own body weight in this intense full-body workout.

Chill Yoga w/ Marco - This chill class moves slowly and features gentle and restorative poses with a splash of breath work for an overall healing experience.

Wednesdays

Hatha Flow w/ Taylor - Combine traditional yoga poses in a fun and awakening sequence to kick start your day! Be prepared to smile, sweat, and stretch!

Hard Core w/ Taylor - Focus on functional core exercises to improve core strength and general mobility. Incorporate calisthenics, HIIT, barre, and yoga to build strength and flexibility.

Cardio Core w/ Taylor - Build strength, enhance your endurance, and get that heart rate up in this core-focused, bodyweight/ HIIT/ calisthenics class.

Vinyasa Flow w/ Taylor - emphasizing breath, energy and movement to build strength and flexibility while increasing endurance. Fun flows, inversions, arm balances, and more

Thai Massage w/ Sarah, Sonia, and Casey - Learn how to properly give and receive massage using gravity, mindful touch, and a meditative rhythm. Come with a partner, or be paired up with a new friend!

Thursdays

Core Flow w/ Taylor - A serious blend of yoga and core work in an invigorating vinyasa flow. Focus is on core strength with powerful variations of classic poses.

TRX w/ Jonathan - Build a rock solid core, enhance flexibility, and improve grip strength using gravity and your own body weight in this intense workout

Balance Flow w/ Taylor - Properly engage your core to find better balance on your feet, hands, and maybe even head! Start with a strong vinyasa flow to warm up and end with a workshop-style breakdown of a more challenging poses.

Vinyasa Flow w/ Brianna - This invigorating and strengthening yoga practice gives you the climbing advantage by improving core strength, balance, & flexibility.

Fridays

Anusara w/ Phoebe - Strengthen and stretch the body, mind, and spirit. Become more balanced and fully aware of your body and push your limits. All levels

(NEW) Anusara Balance w/ Phoebe - A strengthening active sequence followed by constructive restorative poses

(NEW) Target Training w/ Brianna - Give your mind a break and increase your productivity with cardio exercise, high intensity core strength, and a good stretch!

Power Vinyasa Flow w/ Brianna - Fluid transitions link breath with body through a sequence that builds up to an advanced apex posture and releases with deep stretching.

Intro to Power Yoga w/ Brianna - Harness the power of breath, hone core stability, and play with introductory arm balances in this deliberately paced Vinyasa Yoga class.

Yin Yoga w/ Brianna - Gain flexibility for technical moves, maintain mobility while recovering from injury, alleviate soreness from training. All levels, restorative.

Saturdays

Vinyasa Flow w/ Jonathan - Fire up your core strength as you practice proper posture alignment, flow through demanding yoga sequences, and build heat from within by connecting breath to movement.

Hip Hop Dance w/ Jonathan - Work up a sweat to great music for a pure cardio workout with user-friendly choreography!

Sundays

Pilates w/ Meredith - Take your climbing to the next level with mat Pilates! Engage the whole body to increase core strength, flexibility, coordination and balance while decreasing stress.

Headstands & Handstands w/ Peppa - Shoulder stands, headstands, forearm stands and handstands! This class focuses on proper technique and conditioning drills to get you a controlled flow into and out of your invert. Beginner to Advanced.

Shoulder Opening & Conditioning w/ Peppa - A combo of mobility, flexibility, and strength training for shoulders, wrists, back, core and hamstrings with a focus on shoulder opening. Great for tight climbing shoulders!

Restore+Flow w/ Cassandra - Flow into relaxation! Begin with movement to warm the body and complete with longer holds and deep stretches to restore and de-stress.