



Events/ Workshops

Muay Thai Workshop - Sat 4/6, 2-4p
Examine in detail one of the 8 "limbs" of Muay Thai: the elbow, and be introduced to the 9 most common striking techniques of the Muay Thai elbow. Dig deep and sweat it out during a grueling progression of circuit and conditioning training typical to traditional Muay Thai.

Meditation Sound Bath - Fri 4/12 7:30-9:30p

Enjoy a Yin Yoga session led by Brianna, overlapped with an acoustic sound performance by Danielle to relax the body, clear and calm the mind. Gongs, crystal singing bowls, Tibetan bowls, and other instruments are used to create an experience that vibrates and activates every cell in your body, leaving you feeling refreshed and rejuvenated.

Acro Yoga Workshop - Fri 4/19, 7:15-9:15p

Enjoy a full spectrum AcroYoga class with inversions, foundational acrobatics, partner fitness, flying transitions, partner inversions, therapeutic flying, and Thai massage. No experience necessary.

MON	TUE	WED	THU	FRI	SAT	SUN
1 Vinyasa Flow 7:15a FITNESS SCHEDULE REPEATS WEEKLY Acro Yoga 6:45-8:15p Stretch Fit 8:30p	2 Vinyasa Flow 6:45a Power Vinyasa Flow 12:15 TRX 6p Deep Flow 7:15p Hatha Yoga 8:30p	3 Hatha Flow 6:45a Hard Core 12:15p Cardio Core 6p Vinyasa Flow 7:15p Power Yoga 8:30-9:30	4 Core Flow 6:45a Balance Flow 6p TRX 7:15p NinjaFlex 8:30p	5 Hatha Flow 7:15a Power Vinyasa Flow 12:15-1:30p Vinyasa Flow 5p Yin Yoga 6p	6 Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p Bouldering Outdoors 12-2p Muay Thai Workshop 2-4p Lead 1, 6-8p	7 Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p Lead 2, 6-8p
8	9 Ask a PT 7:30-9:30p	10	11 Rock Climbing Rescues 7-9:30p	12 Meditation Sound Bath 7:30-9:30p	13 ROPE AREA CLOSED UNTIL 5p	14
15	16	17	18 Getting Outside Clinic 7p	19 College Day Acro Yoga Workshop 7:15-9:15p	20 Lead 1, 6-8p	21 Lead 2, 6-8p
22	23 Vertigals 6-7p	24	25	26 Guest Day	27 Lead 1, 6-8p	28 Lead 2, 6-8p
29 Basic Technique 7p	30					
						Check online calendar for cancellations, additions, and subs

Climbing Clinics

Lead 1 - Sat 4/6, 4/20, 4/27, 6p

Lead 2 - Sun 4/7, 4/21, 4/28, 6p

Rock Climbing Rescues w/ REI - Thurs 4/11, 7-9:30p

Getting Outside w/ REI - Thurs 4/18, 7pm (indoors)

AND Saturday 4/20, 7:30a (outdoors)

Bouldering Outdoors - Sat 4/6, 12p @ Stoney Point

Basic Technique - Mon 4/22, 7p

Meetups:

Vertigals - Tues 4/16, 6p

Intro Classes (FREE for members)

Intro to Climbing (Belay)

Mon, Fri 6p, 7:30p
Tues, Wed 12:30p, 6p, 7:30p
Thur 12:30p, 7:30p
Sat, Sun 10:30a, 1p, 3p

Intro to Bouldering

Thurs 6p, Sat 12p

Info

M-TH: 6:30am-11pm

F: 6:30am-10pm

S/S: 9am-7pm

2537 S FAIRFAX AVE
CULVER CITY, CA 90232

424.543.3820

ci_staff@touchstoneclimbing.com

www.TOUCHSTONECLIMBING.com

Mondays

Vinyasa Flow w/ Taylor S. - Energize your body and bring awareness to your mind. A slow warm up leads into a breath-to-movement flow, all while focusing on your core. Strengthen your muscles while improving flexibility and balance. All levels

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

Power Vinyasa Flow w/ Brianna - An emphasis on fluid transition links the practitioner's breath with the movement in their body through a new sequence every week that culminates with the release of deep stretching.

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.

Deep Flow w/ Rachel Wang - Explore various peak poses to strengthen and stretch the body. Each class breaks down these poses, along with proper modifications. Improve breath, balance, and concentration. All levels

Hatha Yoga w/ Riki - Focus on awareness and connecting the breath and body. Begin class with a short meditation accompanied by Tibetan singing bowls and move through a series of poses to build and release.

Wednesdays

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

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

Power Yoga w/ Rachel Reed - All-levels vinyasa flow class linking breath to movement. Creative sequencing will lead you through a strong practice of exploring new poses with a sweet cool-down.

Thursdays

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

Balance Flow w/ Taylor Z - 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.

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

NinjaFlex w/ Eddie - Burn fat and carve a solid core while increasing strength, endurance, and mobility! Full body bootcamp workouts you can do anywhere, but they're more fun with us!!!

Fridays

Hatha Flow w/ Brianna - 45 minutes of mindful movement with focus on alignment and breath within static postures. Movement and flow between poses. All levels.

Power Vinyasa Flow w/ Brianna - An emphasis on fluid transition links the practitioner's breath with the movement in their body through a new sequence every week that culminates with the release of deep stretching.

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.

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.