



Events/ Workshops

Blood Drive - Thurs 6/6, 4-10p

Help save up to three lives by donating blood after your workout! Be sure to drink plenty of water day-of.

Hippy Tree Film Screening: Second Chance (feat. Isamer) + Possessed - Fri 6/7, 7:30-9:00p

We're super psyched to announce the screening of two exciting new climbing films from HippyTree: Second Chance feat. Touchstone setter Isamer Bilog, and Possessed! RSVP via the fb event or online calendar. Includes free food and beer!

Ask A Physical Therapist - Tues 6/11, 7:30-9p

Free mini-sessions with a PT to discuss your climbing aches and pains.

Pride Party - Sat 6/29, 6-9p (7pm drag bingo)

Enjoy after-hours climbing, slay a round of drag bingo featuring local queen Pickle (@pickledragqueen), snack on rainbow colored everything, and have a gay old time with us as we celebrate our community's LGBTQIA+ folx and allies!

MON

TUES

WED

THUR

FRI

SAT

SUN

Vinyasa Flow 7:15a Team Touchstone 4p Acro Yoga 6:45-8:15p Stretch Fit 8:30p	Vinyasa Flow 6:45a Pwr. Vin. Flow 12:15 Team Touchstone 4p TRX 6p Deep Flow 7:15p Hatha Yoga 8:30p	Power Yoga 7:15a Team Touchstone 4p Cardio Core 6p Vinyasa Flow 7:15p Power Yoga 8:30	Core Flow 6:45a Team Touchstone 4p Balance Flow 6p TRX 7:15p NinjaFlex 8:30p	Hatha Flow 7:15a Power Vin. Flow 12:15 Vinyasa Flow 5p Yin Yoga 6p	Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	Pilates 11a-12p Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p
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Check online calendar for subs and cancellations

Electronics recycling available 6/24-6/30 Composting available at all times						1	2
3	4	5	Blood Drive 4-10p Vertigals 7:30p	6	7	8	9
10	11	12	13	14	15	16	16
Basic Technique 7p	Ask A Physical Therapist 7:30-9p						
17	18	19	20	College Day	21	22	23
Queer Crush 7p Basic Technique 7p						Lead Climbing 6-8p	
24	25	26	27	Guest Day	28	29	30
		Vertigals 7p				PRIDE PARTY 6-9p (Open Late!)	

Climbing Clinics

Lead Climbing - Sat+Sun 6/1+2 OR Sat+Sun 6/22+23

Basic Technique - Mon 6/10 or Monday 6/17, 7p

Meetups

Vertigals - Thurs 6/6, 7:30p, Wed 6/26, 7p

Queer Crush - Mon 6/17, 7p

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

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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

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

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.