



Events/ Workshops

ELDOA Pop-Up - Fri 8/16, 7:15-8:15p
 ELDOA is a modality used to decompress joints of the the hips, shoulders, ribs, and most importantly, the spine. This class will address poor posture, back pain, neck pain, workout recovery, and sports performance. ELDOA also helps to improve mobility and muscular balance throughout the body. Decompress after a hard day of climbing!

Zero-Waste Bathroom Product Workshop - Fri 8/23, 7:15-9:15p
 Make your own toothpaste, lotion, and deodorant. Plastic free and all natural ingredients! All ingredients provided.

Thai Massage Workshop - Fri 8/30, 7:15-9:15p
 Learn the principles of Thai massage and address the key muscles that get sore from climbing. You will learn to give and receive in this guided practice and give each other a grounding space to relax and restore. Bring a friend or get paired up with someone day-of. Bring a mat/blanket.

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 7a Pwr. Vin. Flow 12:15p 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	45min Flow 7:15a Pwower Vin. Flow 12:15-1:30p Vinyasa Flow 5p Yin Yoga 6p	Vinyasa Flow 10a Hip Hop Dance 11a TRX 12-1p	Pilates 11a Head/ Handstands 2p Shoulder Opening 3p Restore+Flow 5:45p

Check online calendar for subs and cancellations

Electronics recycling available 8/1-4 and 8/26-9/1				1	2	3	4
5	6	7	8	9	10	11	
			Anchors Clinic 7-9:30p			Lead Climbing 6-8p	
12	13	14	15	16	17	18	
	Vertigals 7p			College Day	ELDOA Pop-up 7:15-8:15p	Lead Climbing 6-8p	
19	20	21	22	23	24	25	
Queer Crush 7p	Vertigals 7p		Getting Outside 7-9:30p	Guest Day			
				Zero Waste Workshop 7:15-9:15p			
26	27	28	29	30	31		
Basic Technique 7p				Thai Massage Workshop 7:15-9:15p			

Climbing Clinics (pre-registration required)

Lead Climbing - Sa/Su 8/10, 11 or Sa/Su 8/17, 18 6-8p

Basic Technique - Mon 8/26, 7p

Rock Climbing Anchors w/ REI - Thurs 8/8, 7-9:30p

Getting Outside w/ REI - Thurs 8/22, 7pm (indoors) AND Saturday 8/24, 7:30a (outdoors)

Meetups (free, registration required)

Vertigals - Tues 8/13, 8/20, 7p

Queer Crush - Mon 8/19, 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

45-min Flow w/ Brianna - 45 Minutes of mindful movement to jumpstart your day. An all levels vinyasa yoga class.

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.