

July  
2008

# MISSION CLIFFS



Hours: M,W, F -6:30am -10pm  
Tu, Thur -6:30am - 11pm  
Saturday & Sunday -9am - 7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm	2 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm	3 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm	4 <b>Happy 4th We are Closed!</b> 	5 No studio classes.	6 Yoga Flow for Detox @ 10:30am
7 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm	8 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm  Ayurveda series begins 7pm	9 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm	10 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm	11 Yoga 6pm  TRS3 Comp @ Berkeley Ironworks @ 6pm	12 Yoga 9:30am Yoga 11am  Lead II @ 6pm	13  Ashtanga Workshop @ 10am
14 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm	15 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm  Bit-O-Beta 6-7pm	16 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm  Women's Climbing series begins @ 9am	17 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm	18 Yoga 6pm  College Night	19 Yoga 9:30am Yoga 11am  Lead I @ 6pm  Basic Tech. 7-8:30pm	20  Intro to Bouldering 7-8:30pm
21 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm	22 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm  Ask the Dr. @ 6:30pm	23 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm	24 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm	25 Yoga 6pm  Member Guest Day	26 Yoga 9:30am Yoga 11am  Intermediate Tech 6:30-8pm	27
28 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm	29 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm	30 Indoor Cycling 5:45pm Yoga 7pm Yoga 8:30pm	31 Yoga 7:30am Yoga 5:30pm Indoor Cycling 7pm Cardio Boxing 8:15pm			

Programs

Monday

Indoor Cycling 5:45pm - Mo Devlin  
Yoga 7pm -Hatha -All Levels w/ Diana  
Yoga 8:30pm -Vinyasa -Advanced Level w/ Sasha

Tuesday

Yoga 7:30am -Vinyasa -All Levels w/Kate  
Yoga 5:30pm -Hatha -Intermediate Level w/ Eleni  
Indoor Cycling 7pm -Arthur Combs  
Cardio Boxing 8:15pm -Arthur Combs

Wednesday

Indoor Cycling 5:45pm -Anne Taupier  
Yoga 7pm -Vinyasa -Intermediate Level w/ Kate  
Yoga 8:30pm -Hatha -All Levels w/ Diana

Thursday

Yoga 7:30am -Vinyasa -All Levels w/ Kate  
Yoga 5:30pm -Hatha -All Levels w/ Eleni  
Indoor Cycling 7pm -Pat Ross  
Cardio Boxing 8:15pm -Pat Ross

Friday

Yoga 6pm -Ashtanga -All Levels w/ Elyse

Saturday

Yoga 9:30am -Hatha -Beginner Level w/ Eleni  
Yoga 11am -Vinyasa -Advanced Level w/ Diana



2295 Harrison Street  
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[www.touchstoneclimbing.com](http://www.touchstoneclimbing.com)

Please register for climbing clinics at the front desk no later than 48 hours of the clinic date @ 415 550.0515.

Climbing Clinics:  
\$20 Members & \$38 Non  
Lead clinics - \$35  
Members & \$40 Non

Workshop Registration Info: Sign-up sheets will be available on day of the yoga workshops.

Studio  
Classes are FREE  
for MEMBERS. Drop-in  
rates: Yoga \$15 Cardio  
Boxing & Indoor Cycling \$12

Classes are first-come/  
first-serve

**New** -Yoga Flow for Detox with Kate on Sunday, July 6th @ 10:30am - 12pm. Detoxification is essential to maintaining a healthy body & a clear mind. In this vinyasa flow class we will twist & sweat in order to activate the body's natural cleansing abilities. Appropriate for all students w/ a basic knowledge of vinyasa flow. **Free member event.**

**New** -Ayurveda Series with Eleni on Tues., July 8, 15, & 22nd from 7-7:30pm. Come to a **free** 3-week Ayurveda series. Each session will explore the characteristics of the 3 main doshas or body types in the Ayurveda philosophy (vata, pitta, & kapha). We will discuss ways to bring balance into the body based on the body types through diet & lifestyle. Register for the series with Eleni at [yoganaki@gmail.com](mailto:yoganaki@gmail.com)

**New** -Ashtanga workshop -Ashtanga Primary Series Posture Clinic & Mysore Practice with Elyse on July 13th from 10am - 1pm. This workshop is ideal for those who are interested in getting better acquainted with the ashtanga primary series. Within the workshop you will have time to review the ancient postures, their nuances & alignment, while getting individualized attention & support from Elyse. **Cost: \$30 members/ \$40 non. Sign-up at the front desk!**

**New** -Women's 2-part climbing series with Kristin on July 16 & 23rd from 9-10:30am. Try a new sport or hone in on current climbing skills in a fun, supportive atmosphere. You will learn rope safety management, basic climbing technique, balance, toning & strengthening, and more. Lots of climbing. **Cost: \$50 members/ \$65 non-members. Sign-up @ the front desk.**

**New** -Ask the Dr. w/ Rachman Chung, DC, ART, CMT on July 22nd from 6:30-8:30pm. Have aches or pains relating to a climbing issue?