



## Events/ Workshops

### Thai Massage Workshop - Fri 1/3 7:15-9:15p

Spend an hour learning how to properly give Thai massage, and the other hour being a massage guinea pig for someone else to learn on! Bring a blanket or two for extra comfort. Come with a partner or be paired up with a new friend.

### Petzl Harness Demo - Thur 1/23 6-9p

Petzl will be on site with their latest and greatest harnesses for you to try out! Rope up and purchase one at 20% off (plus shipping if it's not in stock on site)!

### Meditation Sound Bath - Fri 1/24 7:30-9p

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.

MON

TUES

WED

THUR

FRI

SAT

SUN

Vinyasa Flow 7:15a Team Touchstone 4p Acro Yoga 6:45-8:15p Team 9:40-10:30p	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 Power Plyo 12p Team Touchstone 4p Cardio Core 6p Vinyasa Flow 7:15p Power Yoga 8:30	Power Vin Flow 6:45a Team Touchstone 4p Deep Flow 6p TRX 7:15p NinjaFlex 8:30p	Morning Vinyasa 7:15a Power 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
--	---	---	--	---	--	---

Check online calendar for subs and cancellations.

		1 CLOSED	2 Vertigals 7p Blood Drive 4-10p	3 Thai Massage Workshop 7:15-9:15p	4	5
6	7	8	9 Basic Technique 7p Anchors w/ REI 7p	10	11	12
13	14 Climb w/ a Setter 7p Level Up 7p	15 Queer Crush 7p	16 Climb w/ a Setter 7p	17 College Day	18	19
20	21 Climb w/ a Setter 7p Level Up 7p	22 Vertigals 7p	23 Petzl Demo 6-9p Basic Technique 7p Getting Outside w/ REI 7p Climb w/ a Setter 7p	24 Guest Day Meditation Sound Bath 7:30-9p	25	26
27	28	29	30	31	Electronics recycling available during the LAST week of the month ONLY	

## Climbing Clinics (pre-registration required)

Getting Outside w/ REI  
Anchor Building w/ REI  
Level Up w/ Kelly Birch  
Climb w/ a Setter (Zoey)  
Basic Technique

## Meetups (FREE, pre-registration required)

Vertigals - Womxn's climbing group  
Queer Crush - LGBTQIA+ climbing group

## Intro Classes

(FREE for members, pre-registration required)

### 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 Boulderling

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](http://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

**Power Plyo w/ Forrest** - Gain balance and dynamic movement in your legs, increase your endurance, and power up your core in this HIIT inspired class.

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

## Tuesdays

**Vinyasa Flow w/ Gavi** - 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 W** - 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 R** - 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/ Sam R** - 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

**Power Vinyasa Flow w/ Sam Reyes** All-levels vinyasa flow practice for increased mobility, flexibility, and balance. Breath work and creative sequencing prepare the body for a peak pose ending the practice with a stretchy cool down.

**Deep Flow w/ Rachel W** - 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.

**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

**Morning Vinyasa w/ Kristie Rose** - Wake up your breath and get your blood moving with a vinyasa flow to wake your brain and body for a great day.

**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/ Keisha** - 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/ Keisha** - 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!