

# AUGUST 2019

# HOLLYWOOD BOULDERS

SUN	MON	TUES	WED	THU	FRI	SAT
				1 Vinyasa Flow - 7:15am Make Shapes - 8:30am Hatha Yoga - 1:30pm Off the Wall - 5:30pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm MMA Technique - 7:15pm	2 Yoga w/EJ - 7:15am Yin yoga - 12:30pm Stretch and Roll - 2:30pm Mike's HIIT class - 6pm Barbell training - 7pm	3 Mental Floss - 9:15am Vinyasa - 10:30am Boxing 101 - 12:30pm Restorative Flow - 5:30pm
4 Vinyasa - 9:15am Yoga w/ E.J - 10:30am  <b>Capoiera Workshop with Frances - 12:15pm</b>	5 Rooster Flow - 6:45am Vinyasa Flow AL - 7:15am Vinyasa Flow AL - 8:30am Align with Yoga - 1pm Mike's HIIT Class - 6pm Barbell training - 7pm Anusara - 7pm Anusara Int. - 8:15pm Calm - 9:15-9:30pm	6 The Practice - 7:15am Align with Yoga - 1pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm Pilates 8pm	7 Rooster Flow - 6:45am STRETCH - 7:15am Align with Yoga - 1pm Elevate and Flow - 2:30p Barbell Training - 7pm Acro FUNdanmentals - 7p	8 Vinyasa Flow - 7:15am Make Shapes - 8:30am Hatha Yoga - 1:30pm Off the Wall - 5:30pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm MMA Technique - 7:15pm	9 Yoga w/EJ - 7:15am Yin yoga - 12:30pm Stretch and Roll - 2:30pm Mike's HIIT class - 6pm Barbell training - 7pm	10 Mental Floss - 9:15am Vinyasa - 10:30am Boxing 101 - 12:30pm Restorative Flow - 5:30pm
11 Vinyasa - 9:15am Yoga w/ E.J - 10:30am  <b>Cannabis Topicals 2-4pm</b>	12 Rooster Flow - 6:45am Vinyasa Flow AL - 7:15am Vinyasa Flow AL - 8:30am Align with Yoga - 1pm Mike's HIIT Class - 6pm Barbell training - 7pm Anusara - 7pm Anusara Int. - 8:15pm Calm - 9:15-9:30pm	13 The Practice - 7:15am Align with Yoga - 1pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm Pilates 8pm	14 Rooster Flow - 6:45am STRETCH - 7:15am Align with Yoga - 1pm Elevate and Flow - 2:30p Barbell Training - 7pm Acro FUNdanmentals - 7p <b>Chair Massage 6:30-8:30pm</b>	15 Vinyasa Flow - 7:15am Make Shapes - 8:30am Hatha Yoga - 1:30pm Off the Wall - 5:30pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm MMA Technique - 7:15pm	16 Yoga w/EJ - 7:15am Yin yoga - 12:30pm Stretch and Roll - 2:30pm Mike's HIIT class - 6pm Barbell training - 7pm  COLLEGE NIGHT	17 Mental Floss - 9:15am Vinyasa - 10:30am Boxing 101 - 12:30pm Restorative Flow - 5:30pm
18 Vinyasa - 9:15am Yoga w/ E.J - 10:30am	19 Rooster Flow - 6:45am Vinyasa Flow AL - 7:15am Vinyasa Flow AL - 8:30am Align with Yoga - 1pm Mike's HIIT Class - 6pm Barbell training - 7pm Anusara - 7pm Anusara Int. - 8:15pm Calm - 9:15-9:30pm	20 The Practice - 7:15am Align with Yoga - 1pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm Pilates 8pm	21 Rooster Flow - 6:45am STRETCH - 7:15am Align with Yoga - 1pm Elevate and Flow - 2:30p Barbell Training - 7pm Acro FUNdanmentals - 7p	22 Vinyasa Flow - 7:15am Make Shapes - 8:30am Hatha Yoga - 1:30pm Off the Wall - 5:30pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm MMA Technique - 7:15pm	23 Yoga w/EJ - 7:15am Yin yoga - 12:30pm Stretch and Roll - 2:30pm Mike's HIIT class - 6pm Barbell training - 7pm  GUEST NIGHT	24 Mental Floss - 9:15am Vinyasa - 10:30am Boxing 101 - 12:30pm Restorative Flow - 5:30pm
25 Vinyasa - 9:15am Yoga w/ E.J - 10:30am	26 Rooster Flow - 6:45am Vinyasa Flow AL - 7:15am Vinyasa Flow AL - 8:30am Align with Yoga - 1pm Mike's HIIT Class - 6pm Barbell training - 7pm Anusara - 7pm Anusara Int. - 8:15pm Calm - 9:15-9:30pm	27 The Practice - 7:15am Align with Yoga - 1pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm Pilates 8pm	28 Rooster Flow - 6:45am STRETCH - 7:15am Align with Yoga - 1pm Elevate and Flow - 2:30p Barbell Training - 7pm Acro FUNdanmentals - 7p	29 Vinyasa Flow - 7:15am Make Shapes - 8:30am Hatha Yoga - 1:30pm Off the Wall - 5:30pm Swing and Sweat - 6pm Bbell Fundamentals - 7pm MMA Technique - 7:15pm	30 Yoga w/EJ - 7:15am Yin yoga - 12:30pm Stretch and Roll - 2:30pm Mike's HIIT class - 6pm Barbell training - 7pm	31 Mental Floss - 9:15am Vinyasa - 10:30am Boxing 101 - 12:30pm Restorative Flow - 5:30pm

## Gym Hours

M-Th: 6:30am-11pm  
 Fri: 6:30am-10pm  
 Sat/Sun: 9am-7pm  
 1107 N. BRONSON  
 AVE, LOS ANGELES  
 323.747.1000  
[WWW.TOUCHSTONECLIMBING.COM](http://WWW.TOUCHSTONECLIMBING.COM)

## Intro to Bouldering

M-F @ 6PM  
 S/S @ 12 & 3PM

## Climbing Clinics

8/20 + 8/27 7PM Fundamentals w/ Nick  
 8/24 10am Basic Tech w/ Kevin  
 \*Sign up in advance required

Barbell Training w/Mike - Improve overall strength, conditioning, and body composition with a well structured and engaging barbell program that teaches you to lift safely with proper mechanics. You'll be squatting, pressing, and deadlifting more than you ever thought you could! (M,W,F)

Vinyasa Flow w/Naomi- Vinyasa Flow, likened to a dynamic dance, is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Classes builds heat, endurance, flexibility, strength. The creative sequencing found in a vinyasa class is often built around surya namaskar (sun salutations) . Vinyasa as a form is always evolving and classes weave together wisdom teachings, poetry and music that can inspire physical, energetic, mental, intuitive, and pure bliss states of consciousness. Previous yoga experience is necessary.

(M,Sun)

Anusara Int w/Sam F. - This class will offer you a new sequence each week filled with inspired and creative themes to help strengthen and stretch the body, mind and spirit. (M,F)

Align with Yoga w/Kai - With an emphasis on alignment, students will build strength and flexibility simultaneously, using yoga postures and methods. (M,T,W)

Pilates w/Amanda - For 70 years Pilates has proven itself to be a superior method of cross training for athletes by improving core strength, balance, flexibility, form, and coordination. (T)

Barbell Fundamentals- A foundational strength and conditioning class focused on mobility, creating proper movement patterns and form as you prepare your body to squat, press and deadlift your way to a stronger you! (T,TH)

The Practice w/Caroline- Start the day with an energizing flow class designed specifically for climbers. (T)

Swing and Sweat w/Mike- If you want to get in amazing shape kettlebell training is for you. By using kettlebells, you combine resistance training with cardio for a full body workout. (T,TH)

Acro FUNDamentals w/ Audrey & Rob- Acro yoga is a physical practice which combines acrobatics, yoga, and healing arts. The experience of this practice instantly dissolves fears and invites practitioners to tap into new and infinite possibilities of communication, trust, and union. (W)

STRETCH w/ Sam F.- This class will offer you a new sequence each week filled with inspired and creative themes to help strengthen and stretch the body, mind, and spirit. (W)

Off the wall: Yoga for climbers w/ Sam- Yoga for climbers is a unique class that integrates the tools and wisdom of the yoga practice with key climbing inspired movements and exercises. Prepare to engage your entire body efficiently to get on the wall warm, awake, and strong. (Th)

Power Vinyasa w/ Taylor- An interactive exploration of alignment and flexibility in fundamental yoga postures, with an emphasis on building strength through safe transitions. (TH)

Vinyasa Flow w/ Taylor - This yoga class will energize your body and bring awareness to your mind. It is designed to challenge you as much as you'll allow, offering modification and advancements. All levels welcome. (TH)

Make Shapes w/ Erica - In a 60 minute vinyasa sequence that simplifies body basics for movement of all kinds. Practice moving elegantly. The shapes in sequence will help you better understand anatomical range so that you can move with control, breath, and ease. (TH)

Mike's H.I.I.T. Class - Get ready and sweaty and train like a true athlete. This class pulls inspiration from Strongman, olympic lifting, obstacle course training, movement practice, and beyond. (F)

Yin Yoga w/ Erin - Yin is a deep-stretch style of yoga that works into your connective tissue - joints, tendons, ligaments, and fascia - to unlock your greatest range of motion while relaxing your body and mind. (F)

Anusara w/ E.J - Whatever side of the bed you woke up on, you'll start fresh and ready to take on the day. (F)

Boxing 101 w/ Sammy - Step into the ring with Sammy "The Russian Concussion" Horowitz and learn proper punching techniques, how to wrap your hands, and warm up routines with a jump rope. (SAT)

Vinyasa w/ Molly - Molly's Vinyasa Flow classes are designed to enhance your endurance, strength, and flexibility. (SAT)

Anusara Mixed Levels w/ E.J - Expect to leave feeling stronger, more open, nourished, energized, and whole after this mixed-level alignment based (Anusara) class. Each week with a new theme or intention will guide the sequence as we build up to a peak pose. Not recommended for those new to yoga. (SUN)

Vinyasa w/ Molly - Molly's Vinyasa Flow classes are designed to enhance your endurance, strength, and flexibility. (SUN)

Chair Massage w/ Valee- Come receive bodywork via chair massage to help your body, restore, heal and get back to climbing! (W)

Elevate and Flow w/ Anna- Alignment focused and breath based, come ready to jam to this week's playlist, build to a peak pose, and end with a meditative savanna. (W)

MMA Techniques w/ Christian - This class provides a structured environment to explore the many fields of Mixed Martial Arts. The main focus is a breakdown of the fundamentals of Muay Thai striking, blocking, and combinations. We work with rotations of techniques that include Jiu Jitsu grappling and submissions. Increase coordination, flexibility, and give a boost to your overall cardio while increasing your knowledge of missed martial arts in this power hour conditioning class. (TH)

Calm w/Sam- Meditation is a practice proven to decrease stress, increase creativity, and over time give us a simple way to slow down our usually fast-paced lives. And it's the only scientifically proven activity that can repair grey matter in the brain! Whoa.

This class offers a quick meditation to end your Monday night and move into the rest of your week in a more calm and mindful way. Light guidance and technique are offered to assist you in feeling grounded and open. This class is great for students new to meditation, perfect for busy students often looking for a place to "squeeze" in time to meditate, and devoted practitioners alike!(Mon)