

2023 CLASS SCHEDULE EFFECTIVE OCTOBER 1ST, 2023

MONTHLY UNLIMITED MEMBERSHIP \$165/MONTH **VALID FOR IN-STUDIO CLASSES**

- CARDIO DANCE- DANCE- FITNESS- WELLNESS

2023 CLASS SCHEDULE 414 MASON STREET, SAN FRANCISCO, 94102 PAFSTUDIOS-SF.COM | (415) 484-3451 RAESTUDIOS-SF.COM | (415) 484-3451

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates • 5:30pm - 6:25pm (all levels) Annalisa Brown	Power Barre • 4:30pm - 5:25pm (all levels) Jessica Rae	DRENCHED! 5:30pm - 6:25pm (all levels) Anna Bolender	BollyX 5:30pm - 6:25pm (all levels) Shruthi R.	Hip Hop • 5:30pm - 6:25pm (beg) Tashi Cowan	DRENCHED! 10:00am - 10:55am (all levels) Diamond Genesis	Belly Dance 10:00am - 11:10am (beg) Andrea Sendek
Power Yoga • 5:30pm - 6:25pm (all levels) Dillon Gardner	DRENCHED! 5:30pm - 6:25pm (all levels) Jessica Rae	Jumps & Turns 5:30pm - 6:25pm (beg) JJ Ghera	DRENCHED! • 5:30pm - 6:25pm (all levels) Mahiro Oharu	Zumba • 5:30pm - 6:25pm (all levels) Nora Aguayo	Hip Hop • 10:00am - 10:55am (beg) Tashi Cowan	Hip-Hop • 10:00am - 11:10am (beg) Inez Schynell
Hip Hop 6:30pm - 7:40pm (beg) Lexi Nutkiewicz	K-Pop 5:30pm - 6:25pm (all levels) Ki To	Street Jazz 6:30pm - 7:40pm (int) JJ Ghera	K-Pop 6:30pm - 7:40pm (all levels) Ki T. / Phoebe W.	Jazz 6:30pm - 7:40pm (beginner) JanJan Chan	Heels • 11:00am - 12:10pm (beg/int) Annie Lester	Belly Dance 11:15am - 12:25pm (int) Andrea Sendek
Stretch & Flexibility • 6:30pm - 7:40pm (all levels) Annalisa Brown	Jazz Funk 6:30pm - 7:40pm (int/adv) Ki To	Heels • 6:30pm - 7:40pm (beg/int) Natalie Sklovskaya	Salsa Level 1 • 6:30pm - 7:40pm (beg) Ava Apple & Rodolfo Guzman	Reggaeton ● 6:30pm - 7:40pm (beg / int) Sara Templeton	Hip Hop 11:00am - 12:10pm (beg/int) Inez Schynell	Shuffling • 11:15am - 12:25pm (beg) Kylie Ireland
House Fundamentals 7:45pm - 8:55pm (beg) Lexi Nutkiewicz	Pop Jam 6:30pm - 7:40pm (int) Jessica Rae	Contemporary • 7:45pm - 8:55pm (beg) Annie Lester	Reggaeton • 7:45pm - 8:55pm (beg/int) Valeria Bernal	Twerk 7:45pm - 8:55pm (all levels) Jazmyne Blackston	Jazz Funk 12:15pm - 1:25pm (beg) Annie Lester	Ballet • 12:30pm - 1:40pm (beg/int) Michelle Liu
Heels 7:45pm - 8:55pm (int/adv) JJ Ghera	Bollywood Funk Choreo 7:45pm - 8:55pm (beg/int) Kimaya Rane	Jazz Funk O 7:45pm - 8:55pm Kris Shein	Salsa Level 2 • 7:45pm - 8:55pm (int) Ava Apple & Rodolfo Guzman	Industry Hip Hop 8:00pm - 9:10pm (int / adv) Tiana Hester	K-Pop 12:15pm - 1:25pm (all levels) Phoebe Wan	Musical Theatre 12:30pm - 1:40pm (all levels) Cora Mae
	Hip Hop 7:45pm - 8:55pm (int/adv) Risa Ono				Twerk 101 • 1:30pm - 2:40pm (beg) Jazmyne Blackston	
					Vogue: Elements 1:30pm - 2:40pm (beg) Soho 007	
					Vogue 2:45pm - 3:55pm (beg/int) Soho 007	