

CLIMB BENTONVILLE

CLIMB + YOGA | 2025

	CLIMB			YOGA	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
6:30 AM		POWER FLOW <i>Gloria</i>		POWER FLOW <i>Dani</i>	
9:15 AM					SLOW FLOW <i>Rotating</i>
12:00 PM					
6:00 PM	POWER FLOW <i>Dani</i>	VINYASA <i>Gloria</i>	POWER FLOW <i>Katelynne</i>	VINYASA <i>Sara</i>	
	INTRO TO BOULDERING	INTRO TO ROPES <i>Raul</i>	CLIMB SESSIONS <i>Raul</i>		
7:15 PM	RESTORE <i>Allison</i>		RESTORE <i>Gloria</i>		