

# CLIMB MURFREESBORO

## FITNESS + YOGA | 2025

	FITNESS	YOGA	CLIMB		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
6:30 AM					
9:15 AM					VINYASA
12:00 PM					
6:00 PM	MOVE STRETCH BREATHE	GRIT	CLIMB SESSIONS	VINYASA	
7:15 PM			YOGA FOR CLIMBERS	ALPINE FIT	