

CLIMB NASHVILLE

FITNESS + YOGA | 2025

FITNESS

YOGA

CLIMB

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6:15 AM

POWER YOGA
RYAN

SUNRISE FLOW
CAITLIN

9:15 AM

SLOW FLOW
VICTORIA

10:30 AM

VINYASA FLOW
HANNAH

11:15 AM

ENERGIZE FLOW
CAITLIN

5:00 PM

CLIMB SESSIONS
MAX

INTRO TO ROPES
RYLEIGH

6:00 PM

ALPINE FIT
JOSH

POWER YOGA
LISA

ALPINE FIT
JOSH

YIN YOGA
RACHEL

7:15 PM

RESTORATIVE
JODY

VINYASA FLOW
LISA

VINYASA FLOW
LISA