



(404)254-2108 | www.fitnesscollectiveatl.com

NOVEMBER 2020

HIGHLIGHTS FOR NOVEMBER

14th Reiki Level 1

Learn more about energy healing and how to help others – become a certified Level 1 Reiki practitioner

Members Happy Hour

Learn Self-Message techniques while we order our custom Vision board boxes from attorney Cheryl Ross to make together in December!

Member Perks

There are lots of chances to use your discounts and FREE event codes
*Classes with Inga are excluded.

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
11:00am Zumba	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT 4:30pm Yoga Fundamentals *6:00pm Barre HIIT *7:00pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga *11:30am Ashtanga Yoga 6:00pm BUTI Yoga 7:30pm DEEP by BUTI	10:15am Beginner's Yoga 11:30am MERGE HI-LIT *6:00pm R&B Vinyasa Flow	10:00am Primal Flow Yoga *6:00pm Barre FLOW *7:30pm K.A.P w/ Kimberly James	*9:30am Chair Yoga **No Zumba**	10:00am Recovery Barre Youth Wellness Day 4:00-6:00PM / \$40 Ages 12-18
8	9	10	11	12	13	14
No Zumba 11:00am-2:00pm Reflect & Chill \$20 <i>Yoga + Bodywork Services</i> *Members FREE*	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT 4:30pm Yoga Fundamentals *6:00pm Barre HIIT *7:00pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga *11:30am Ashtanga Yoga 6:00pm BUTI Yoga 7:30pm DEEP by BUTI	10:15am Beginner's Yoga 11:30am MERGE HI-LIT *6:00pm R&B Vinyasa Flow	10:00am Primal Flow Yoga *6:00pm Barre FLOW *7:30pm K.A.P w/ Kimberly James	*9:30am Chair Yoga 11:00am Zumba Buti Glow w/ Inga 6:00PM / \$30	10:00am Recovery Barre Reiki Level 1 w/ Inga 11:30AM-8:00PM
15	16	17	18	19	20	21
11:00am Zumba	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT 4:30pm Yoga Fundamentals *6:00pm Barre HIIT *7:00pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga *11:30am Ashtanga Yoga 6:00pm BUTI Yoga 7:30pm DEEP by BUTI	10:15am Beginner's Yoga 11:30am MERGE HI-LIT *6:00pm R&B Vinyasa Flow	10:00am Primal Flow Yoga *6:00pm Barre FLOW *7:30pm K.A.P w/ Kimberly James	*9:30am Chair Yoga 11:00am Zumba 6:00 - 8:00pm MEMBERS ONLY <i>Self-Message Tips + Vision board Planning</i>	10:00am Recovery Barre 12:00 - 3:00pm Community Donation Drive <i>**Vendors, Classes, FUN**</i>
22	23	24	25	26	27	28
11:00am Zumba Meditation 101 w/ E-RYT Gina 4:30PM / \$30	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT *6:00pm Barre HIIT *7:00pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga *11:30am Ashtanga Yoga 6:00pm BUTI Yoga 7:30pm DEEP by BUTI	10:15am Beginner's Yoga 11:30am MERGE HI-LIT *6:00pm R&B Vinyasa Flow	*THANKSGIVING* Island Spice "Turkey Burn" w/ Marquita \$15 @ 9:00am	*CLOSED*	*CLOSED*
29	30		TFC Color Codes:	What Else Do We Do?		
CLOSED	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT *6:00pm Barre HIIT *7:00pm Yin/Restorative		*Virtual ONLY *Series/Course *In-Person ONLY	Reiki Massages + Energy Readings + Herbology w/ Ashley Fascial Stretch, Joint Balancing + Yoga Therapy w/ Tiffany Kinesiology Taping, Cupping & Ear Candling w/ Stephanie We offer Nutrition support, private yoga, Thai Bodywork, youth recovery, and couple's wellness consultations. <i>*Wellness Memberships and Member discounts available*</i>		