



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

OCTOBER 2020

THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

HIGHLIGHTS FOR OCTOBER

K.A.P w/ Kimberly James

17th Mobility Workshop

23rd Happy Hour for Members

This class is not included in the membership price but, visit the website: www.KundaliniActivationProcess.com

Learn to self-assess and correct repetitive movement patterns to reduce pain, injury, and improve stability

Complimentary beverages & bites. Black owned fitness & jewelry trunk show. Virtual attendance is available ☺

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
	6-Week Series: Yoga Fundamentals is free for members to join. Learn modifications, body systems, & differences.	6-Week Series Ashtanga Yoga is \$40 for members - \$99 non-members.	**7:00 am Guided Meditation is pre-recorded - Link sent at class time.**	10:00am Primal Flow Yoga 6:00pm Barre FLOW 7:30pm Sacred Practice (Kemetic Yoga)	9:30am Chair Yoga 11:30am MERGE HI-LIT	8:30am *OUTSIDE* BodySculpt Bootcamp 10:00am *ON DEMAND* Primal Flow Yoga
4	5	6	7	8	9	10
11:00am Zumba 7:00-9:00pm Full Moon Circle <i>In-Studio Available</i>	9:00am Zumba 10:00am Ashtanga Yoga 11:30am MERGE HI-LIT 4:30pm Yoga Fundamentals 6:00pm Barre HIIT 7:30pm Yin/Restorative	10:00am Primal Flow Yoga 6:00pm BUTI Yoga 7:30pm DEEP by BUTI	7:00am Guided Meditation 10:00am Ashtanga Yoga 11:30am MERGE HI-LIT 6:00pm R&B Vinyasa Flow	10:00am Primal Flow Yoga 11:00am Island Spice 6:00pm Barre FLOW 7:30pm K.A.P w/ Kimberly James	9:30am Chair Yoga 11:00am Zumba	8:30am *OUTSIDE* BodySculpt Bootcamp 10:00am *ON DEMAND* Primal Flow Yoga
11	12	13	14	15	16	17
11:00am Zumba	9:00am Zumba 10:00am Ashtanga Yoga 11:30am MERGE HI-LIT 4:30pm Yoga Fundamentals 6:00pm Barre HIIT 7:30pm Yin/Restorative	10:00am Primal Flow Yoga 6:00pm BUTI Yoga 7:30pm DEEP by BUTI	7:00am Guided Meditation 10:00am Ashtanga Yoga 11:30am MERGE HI-LIT 6:00pm R&B Vinyasa Flow	10:00am Primal Flow Yoga 11:00am Island Spice 6:00pm Barre FLOW 7:30pm K.A.P w/ Kimberly James	9:30am Chair Yoga ***No Zumba***	8:30am *OUTSIDE* BodySculpt Bootcamp 11:00am-1:00pm Mobility Workshop w/ Tiffany B. - \$35
18	19	20	21	22	23	24
No Zumba	9:00am Zumba 10:00am Ashtanga Yoga 11:30am MERGE HI-LIT 4:30pm Yoga Fundamentals 6:00pm Barre HIIT 7:30pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga 4:30pm Ashtanga Yoga 6-wk Series (1) 6:00pm BUTI Yoga 7:30pm DEEP by BUTI	7:00am Guided Meditation 10:00am Ashtanga Yoga 11:30am MERGE HI-LIT 6:00pm R&B Vinyasa Flow	10:00am Primal Flow Yoga 11:00am Island Spice 6:00pm Barre FLOW 7:30pm K.A.P w/ Kimberly James	9:30am Chair Yoga 11:00am Zumba 6:00 - 9:00pm MEMBERS ONLY <i>"Happy Hour + Fitness & Jewelry Trunk Show"</i>	8:30am *OUTSIDE* BodySculpt Bootcamp 12:00 - 4:00pm Community Block Party <i>**Vendors, Classes, FUN**</i>
25	26	27	28	29	30	31
11:00am Zumba	9:00am Zumba 10:00am Ashtanga Yoga 11:30am MERGE HI-LIT 4:30pm Yoga Fundamentals 6:00pm Barre HIIT 7:30pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga 4:30pm Ashtanga Yoga 6-wk Series (2) 6:00pm BUTI Yoga 7:30pm DEEP by BUTI	7:00am Guided Meditation 10:00am Ashtanga Yoga 11:30am MERGE HI-LIT 6:00pm R&B Vinyasa Flow	10:00am Primal Flow Yoga 11:00am Island Spice 6:00pm Barre FLOW 7:30pm K.A.P w/ Kimberly James	9:30am Chair Yoga 11:00am Zumba	8:30am *NO CLASS* 10:00am Recovery Barre