



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

OCTOBER 2021

THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

HIGHLIGHTS FOR OCTOBER

6th-27th Buti Breakdown Series

16th Meditation & Malas

17th Gospel Yoga

Buti Yoga (the cure to something kept hidden) will challenge you. Learn the basics safely and transform your body!

Learn what a Mala is and how it can be a prayer tool to reduce anxiety, keep focus, and stay grounded. *Beads included*

Join Katrina for a new way to flow that connects with your Sunday observance of sacred time.

SUN	MON	TUES	WED	THURS	FRI	SAT
WHAT ELSE DO WE DO? Instagram: @fitnesscollective_atl We offer Fascial Stretch + NIR (Near Infrared Light) Therapy, KT Taping, Cupping, Ear Candling, and Private Yoga or Yoga Therapy Sessions!! Nutrition support, personal training & mental health consults also available. Facebook Group: The Fitness Collective ATL Group 4-Week Series Buti Yoga "Breakdown" is \$40 members/ \$99 non-members.			COLOR CODES		1	2
			*Virtual ONLY *In-Studio ONLY *Studio + Virtual *Series/Course		*9:30am Chair Yoga *11:30am MERGE (On-Demand)	*8:30am BodySculpt Bootcamp w/ Shy *10:30am Barre Booty Beats w/ Shaina
3	4	5	6	7	8	9
	11:30am MERGE HI-LIT *6:00pm BodySculpt Bootcamp *7:00pm Yoga for Deep Relaxation w/ Gina	8:00am Primal Flow 11:30am Pilates w/ Dana *5:45pm BUTI Yoga 7:00pm Pilates w/ Judi	7:30am Yin+Meditation 11:30am MERGE HI-LIT 5:30pm BUTI Breakdown	10:00am Form & Flow 11:30am Pilates w/ Dana 6:00pm Barre FLOW 7:15pm Pilates w/ Judi	*9:30am Chair Yoga *11:30am MERGE (On-Demand)	*8:30am BodySculpt Bootcamp w/ Shy *10:30am Barre Booty Beats w/ Shaina
10	11	12	13	14	15	16
	11:30am MERGE HI-LIT *6:00pm BodySculpt Bootcamp *7:00pm Yoga for Deep Relaxation w/ Gina	8:00am Primal Flow 11:30am Pilates w/ Dana *5:45pm BUTI Yoga 7:00pm Pilates w/ Judi	*6:00am - DEEP Buti 11:30am MERGE HI-LIT *4:30pm Sculpt + Bands 5:30pm BUTI Breakdown	9:00am Core Flow 11:30am Pilates w/ Dana 6:00pm Barre FLOW 7:15pm Pilates w/ Judi	*9:30am Chair Yoga *11:30am MERGE (On-Demand)	*8:30am BodySculpt Bootcamp w/ Shy *10:30am Barre Booty Beats w/ Shaina 11:30am-1:30pm Meditation & Malas w/ Tiffany B. - \$60
17	18	19	20	21	22	23
11:30am Gospel Yoga w/ Katrina	9:00am Dance Fitness 11:30am MERGE HI-LIT *6:00pm BodySculpt Bootcamp *7:00pm Yoga for Deep Relaxation w/ Gina	8:00am Primal Flow 11:30am Pilates w/ Dana *5:45pm BUTI Yoga 7:00pm Pilates w/ Judi	7:30am Yin+Meditation 11:30am MERGE HI-LIT 5:30pm BUTI Breakdown	9:00am Core Flow 11:30am Pilates w/ Dana 6:00pm Barre FLOW 7:15pm Pilates w/ Judi	*9:30am Chair Yoga *11:30am MERGE (On-Demand) 6:00-8:00pm Member's ONLY Happy Hour	*8:30am BodySculpt Bootcamp w/ Shy *10:30am Barre Booty Beats w/ Shaina
24	25	26	27	28	29	30
12:30-2:00pm Egyptian Yoga w/ Pita & AnHar \$25	9:00am Dance Fitness 11:30am MERGE HI-LIT *6:00pm BodySculpt Bootcamp *7:00pm Yoga for Deep Relaxation w/ Gina	8:00am Primal Flow 11:30am Pilates w/ Dana *5:45pm BUTI Yoga 7:00pm Pilates w/ Judi	*6:00am - DEEP by Buti 11:30am MERGE HI-LIT *4:30pm Sculpt + Bands 5:30pm BUTI Breakdown	9:00am Core Flow 11:30am Pilates w/ Dana 6:00pm Barre FLOW 7:15pm Pilates w/ Judi	*9:30am Chair Yoga *11:30am MERGE (On-Demand)	*8:30am BodySculpt Bootcamp w/ Shy *10:30am Barre Booty Beats w/ Shaina