

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

NOVEMBER 2024

HIGHLIGHTS FOR NOVEMBER

HEAL'D FEMININITY	Every other Friday, connect to feminine energy (heels recommended) to heal & nurture yourself to confidence!
10 th MOMMY & ME	New mom? Bring your baby (must be able to fit in a carrier) for this fun, 30min fitness class with our new mom Seshen Kwesi.
Member Perks	There are always chances to use your discounts and FREE event codes for members ONLY. **Don't forget to use your points before 12/31!

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SUN	MON	TUES	WED	THURS	FRI	SAT	
COLOR CODES:	WHAT ELSE DO WE DO? 1 2						
*Virtual ONLY *In-Studio ONLY *Studio + Virtual *Sub Instructor	We have Fascial Stretch + NIR (Near Infrared Light) Sauna Therapy, and Private Movement or Yoga Therapy Sessions!! We offer Nutrition support, personal training, & mental health consults. We are YOUR 1-Stop Holistic, Generational Healing Shop! Follow us on IG: @fitnesscollective_atl				11:30am VinYin Lite	*8:30am BodySculpt Bootcamp 9:30am Power Pilates *10:30am Yoga Sculpt	
3	4	5	6	7	8	9	
Check Online Schedule for SEVA Classes (\$5 Community)	6:00am Mobility Flow 11:30am Functional Movement *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	*6:00am Hot Vibes Yoga 11:30am Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vinyasa	 *6:00am Sculpt w/ Barry 11:30am Full Body HIIT *6:00pm HotCore *SOCKS RREQUIRED** *6:45pm Slow Flow Yoga 	*6:00am Hot Vibes Yoga 11:30am Buti Yoga Xpress 4:30pm Pilates w/ Judi 6:00pm Sacred Mvmnt	8:30am DEEP 11:30am VinYin Lite HEAL'D Femininity 7:30pm SexyLov w/ CourtneyLov	*8:30am BodySculpt Bootcamp 9:30am Power Pilates 10:30am Buti Movmnt	
10	11	12	13	14	15	16	
*10:30am MOMMY & ME Fitness Check Online Schedule for SEVA Classes (\$5 Community)	6:00am Mobility Flow 11:30am Functional Movement *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	*6:00am Hot Vibes Yoga 11:30am Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vinyasa	*6:00am Sculpt w/ Barry 11:30am Full Body HIIT *6:00pm HotCore *SOCKS RREQUIRED** *6:45pm Slow Flow Yoga	*6:00am Hot Vibes Yoga 11:30am Buti Yoga Xpress -4:30pm Pilates w/ Judi 6:00pm Sacred Mvmnt	*CLOSED for Thai Certification*	*CLOSED for Thai Certification*	
17	18	19	20	21	22	23	
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24	25	26	27	28	29	30	
Check Online Schedule for SEVA Classes (\$5 Community)	6:00am Mobility Flow 11:30am MERGE: Sculpt+Stretch 6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	*6:00am Hot Vibes Yoga 6:00pm Pilates w/ Judi 7:30pm Hot Vinyasa	11:30am MERGE: Sculpt+Stretch *6:45pm Slow Flow Yoga	*HAPPY THANKSGIVING*	11:30am VinYin Lite	9:30am Power Pilates *10:30am Yoga Sculpt	