

(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 | |