



THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

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

March 2025

HIGHLIGHTS FOR MARCH: True New Year, Cultivate Fresh Energy!

JAMILA IS BAAACK!


Sundays 4:30pm starting on the 9th and Thursdays 6:15pm starting on the 13th – She's only here for a month and a half, book your spot!

22ND SPRING HIKE

We believe the true New Year starts in March with the fresh new energy of Spring to propel us forward. Join us intentionally starting in mindful health

HEAL'D FEMINITY

Heels classes are moving to every other Friday, so don't miss the special classes featured this month!

SUN	MON	TUES	WED	THURS	FRI	SAT	
COLOR CODES	WHAT ELSE DO WE DO?		Download The App			1	
<p>*In-Studio ONLY</p> <p>*Studio + Virtual</p> <p>*Series/Course</p>	<p>We offer Fascial Stretch & Massage Therapy, Private Yoga or Yoga Therapy Sessions, Weight-loss/Nutrition Coaching. Also, infrared Sauna, Personal Training & Recovery sessions. Schedule with one of our partnered professionals today. Follow us on IG: @fitnesscollective_atl</p>		<p>Scan the QR code</p> <p>Invite code R04NDQ</p>				<p>*8:30am BodySculpt Bootcamp</p> <p>9:30am Power Pilates</p>
2	3	4	5	6	7	8	
<p>Check Online Schedule for SEVA Classes (\$5 Community)</p>	<p>6:00am Mobility Flow</p> <p>11:30am MERGE: Sculpt+Stretch</p> <p>*6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>12:00pm Flow & Go</p> <p>6:00pm Pilates w/ Judi</p> <p>7:30pm Hot Vinyasa</p>	<p>*6:00am Sculpt+Bands</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>*6:45pm Slow Flow Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>12:00pm Buti Mvmnt</p> <p>5:00pm Pilates w/ Judi</p>	<p>11:30am VinYin Lite</p> <p>HOTCORE: After Dark</p> <p>7:30pm w/ CourtneyLov</p>	<p>*8:30am BodySculpt Bootcamp</p> <p>9:30am Power Pilates</p>	
9	10	11	12	13	14	15	
<p>*10:30am MOMMY & ME FITNESS</p> <p>4:30pm VinYin Yoga</p>	<p>6:00am Mobility Flow</p> <p>11:30am MERGE: Sculpt+Stretch</p> <p>*6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>12:00pm Flow & Go</p> <p>6:00pm Pilates w/ Judi</p> <p>7:30pm Hot Vinyasa</p>	<p>*6:00am Sculpt+Hotcore **SOCKS RREQUIRED**</p> <p>11:30am Barre Fitness</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>*6:45pm Slow Flow Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>12:00pm Buti Mvmnt</p> <p>5:00pm Pilates w/ Judi</p> <p>6:15pm Vinyasa Flow</p>	<p>11:30am VinYin Lite</p> <p>HEAL'D Femininity</p> <p>7:30pm Sense-You-ality w/ Shanise</p>	<p>*8:30am BodySculpt Bootcamp</p> <p>9:30am Power Pilates</p>	
16	17	18	19	20	21	22	
<p>10:30am VinYin Yoga</p> <p>Check Online Schedule for SEVA Classes (\$5 Community)</p>	<p>6:00am Mobility Flow</p> <p>11:30am MERGE: Sculpt+Stretch</p> <p>*6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>12:00pm Flow & Go</p> <p>6:00pm Pilates w/ Judi</p> <p>7:30pm Hot Vinyasa</p>	<p>*6:00am Sculpt+Bands</p> <p>11:30am Barre Fitness</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>*6:45pm Slow Flow Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>12:00pm Buti Mvmnt</p> <p>5:00pm Pilates w/ Judi</p> <p>6:15pm Vinyasa Flow</p>	<p>11:30am VinYin Lite</p>	<p>*8:30am BodySculpt Bootcamp</p> <p>9:00AM SWEETWATER HIKE</p> <p>9:30am Power Pilates</p>	
23/30	24/31	25	26	27	28	29	
<p>4:30pm VinYin Yoga</p> <p>Check Online Schedule for SEVA Classes (\$5 Community)</p>	<p>6:00am Mobility Flow</p> <p>11:30am MERGE: Sculpt+Stretch</p> <p>*6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>12:00pm Flow & Go</p> <p>6:00pm Pilates w/ Judi</p> <p>7:30pm Hot Vinyasa</p>	<p>*6:00am Sculpt+Bands</p> <p>11:30am Barre Fitness</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>*6:45pm Slow Flow Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>12:00pm Buti Mvmnt</p> <p>5:00pm Pilates w/ Judi</p> <p>6:15pm Vinyasa Flow</p>	<p>11:30am VinYin Lite</p> <p>HEAL'D Femininity</p> <p>7:30pm w/ Breeya</p>	<p>*8:30am BodySculpt Bootcamp</p> <p>9:30am Power Pilates</p>	