




THE FITNESS COLLECTIVE  
Elevate Your Health-Conscious

# SEPTEMBER 2024

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|--|---|
| <b>7-8<sup>TH</sup> CLOSED</b>           | We're hosting another teacher certification because we want to improve for YOU! Join the masterclass at 8:30am to get your workout in!! |
| <b>15<sup>TH</sup> MOMMY &amp; ME</b>    | 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.            |
| <b>20<sup>TH</sup> HEAL'D FEMININITY</b> | Embrace the importance of feminine connection to movement and set your intentions to appreciate yourself. *INTERMEDIATE                 |

| SUN  | MON  | TUES   | WED   | THURS  | FRI  | SAT   |
|--|--|--|---|--|--|---|
| 1  | 2  | 3  | 4   | 5  | 6  | 7   |
| Check Online Schedule for SEVA Classes (\$5 Community)   | 6:00am Mobility Flow<br>11:30am Functional Movement<br>*6:00pm BodySculpt Bootcamp<br>*7:15pm R&B Yin Yoga | *6:00am Hot Vibes Yoga<br>11:30am Yoga Reset<br>6:00pm Pilates w/ Judi<br>7:30pm Hot Vinyasa | *6:00am Sculpt+Hotcore<br><b>**SOCKS RREQUIRED**</b><br>11:30am Full Body HIIT<br>*6:00pm HotCore<br><b>**SOCKS RREQUIRED**</b><br>*6:45pm Slow Flow Yoga | *6:00am Hot Vibes Yoga<br>11:30am Buti Yoga Xpress<br>4:30pm Pilates w/ Judi<br>6:00pm Sacred Mvmnt<br>7:30pm Serenity, Sound & Flow Yoga  | 11:30am VinYin Lite  | 8:30am BUTI Masterclass<br><b>*CLOSED for Buti Certification*</b>   |
| 8  | 9  | 10   | 11  | 12   | 13   | 14  |
| <b>*CLOSED for Buti Certification*</b>   | 6:00am Mobility Flow<br>11:30am Functional Movement<br>*6:00pm BodySculpt Bootcamp<br>*7:15pm R&B Yin Yoga | *6:00am Hot Vibes Yoga<br>11:30am Yoga Reset<br>6:00pm Pilates w/ Judi<br>7:30pm Hot Vinyasa | *6:00am Sculpt w/ Barry<br>11:30am Full Body HIIT<br>*6:00pm HotCore<br><b>**SOCKS RREQUIRED**</b><br>*6:45pm Slow Flow Yoga                              | *6:00am Hot Vibes Yoga<br>11:30am Buti Yoga Xpress<br>4:30pm Pilates w/ Judi<br>6:00pm Sacred Mvmnt<br>7:30pm Serenity, Sound & Flow Yoga  | 11:30am VinYin Lite  | *8:30am BodySculpt Bootcamp<br>9:30am Power Pilates<br>*10:30am Yoga Sculpt                               |
| 15   | 16   | 17   | 18  | 19   | 20   | 21  |
| <b>*10:30am Mommy &amp; ME Fitness</b><br>Check Online Schedule for SEVA Classes (\$5 Community) | 6:00am Mobility Flow<br>11:30am Functional Movement<br>*6:00pm BodySculpt Bootcamp<br>*7:15pm R&B Yin Yoga | *6:00am Hot Vibes Yoga<br>11:30am Yoga Reset<br>6:00pm Pilates w/ Judi<br>7:30pm Hot Vinyasa | *6:00am Sculpt w/ Barry<br>11:30am Full Body HIIT<br>*6:00pm HotCore<br><b>**SOCKS RREQUIRED**</b><br>*6:45pm Slow Flow Yoga                              | *6:00am Hot Vibes Yoga<br>11:30am Buti Yoga Xpress<br>4:30pm Pilates w/ Judi<br>6:00pm Sacred Mvmnt<br>7:30pm Serenity, Sound & Flow Yoga  | 11:30am VinYin Lite<br><b>7:30pm HEAL'D FEMININITY (Floorwork)</b> | *8:30am BodySculpt Bootcamp<br>9:30am Power Pilates<br>*10:30am Yoga Sculpt                               |
| 22   | 23   | 24   | 25  | 26   | 27   | 28  |
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| 29   | 30   |  | App code: R04NDQ  | <b>WHAT ELSE DO WE DO?</b>   |  | <b>COLOR CODES</b>  |
| Check Online Schedule for SEVA Classes (\$5 Community)   | 6:00am Mobility Flow<br>11:30am Functional Movement<br>*6:00pm BodySculpt Bootcamp<br>*7:15pm R&B Yin Yoga |  |   | 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 Shop!<br>Follow us on IG: @fitnesscollective_atl |  | <b>*Studio &amp; Virtual</b><br><b>*In-Studio ONLY</b><br><b>*Series/Course</b><br><b>*Sub Instructor</b> |