



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

January 2026



HIGHLIGHTS FOR JANUARY: **We Turn SIX on TUES, January 7th**

WELCOME HOME

Thank you for an incredible 6 years. Let's SHIFT together

23rd WELLNESS & WORSHIP

Godly Vibes, Vendors, Movement, Raffle Prize, Scripture, Prayer and Fellowship. Best way to start the year!

25th HUMAN REFORMER CERT

We are hosting a mat certification that replicates the benefits of a Pilates reformer with a specific type of resistance band system. Early Bird \$299

SUN	MON	TUES	WED	THURS	FRI	SAT
WHAT ELSE DO WE DO? We provide Fascial Stretch + Infrared Sauna Sessions, and Private Movement or Yoga Therapy! We also offer Nutrition support, personal training, & mental health consults. We are YOUR 1-Stop Holistic, Generational Healing Shop! Connect on IG: @fitnesscollective_atl Scan QR above to join our App: invite code R04NDQ			COLOR CODES	1	2	3
			Studio+Online *In-Studio ONLY *Certification			9:30am Power Pilates
4	5	6	7	8	9	10
Check Online Schedule for SEVA Classes (\$5 Community)	6:00am Power Pilates 11:30am Functional Movement 6:00pm Power Barrelates 7:15pm R&B Soul Stretch	6:00am Hot PowerStretch 12:00pm Stability Stretch 6:00pm Pilates w/ Judi	6:00am Sculpt+Bands 11:30am Barre Fitness 6:00pm HotCore **SOCKS RREQUIRED** 6:45pm DEEP Restore	6:00am Hot Power Stretch 12:00pm FasciAlign 4:30pm Pilates w/ Judi 6:00pm Align + Flex	6:00am Hot Power Stretch 11:30am Stretch+Flow 12:30pm Gentle Reset	9:30am Power Pilates w/ Andane
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
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25	26	27	28	29	30	31
8:00am-4:00pm Human Reformer Pilates-based Certification	6:00am Power Pilates 11:30am Functional Movement 6:00pm Power Barrelates 7:15pm R&B Soul Stretch	6:00am Hot PowerStretch 12:00pm Stability Stretch 6:00pm Pilates w/ Judi	6:00am Sculpt+Bands 11:30am Barre Fitness 6:00pm HotCore **SOCKS RREQUIRED** 6:45pm DEEP Restore	6:00am Hot Power Stretch 12:00pm FasciAlign 4:30pm Pilates w/ Judi 6:00pm Align + Flex	6:00am Hot Power Stretch 11:30am Stretch+Flow 12:30pm Gentle Reset	9:30am Power Pilates