



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

# NOVEMBER 2022

## HIGHLIGHTS FOR NOVEMBER

**\*\*NEW CLASSES\*\***

Thursdays alternate Hot Power Yoga w/ Shy OR Beginner Kemetic Yoga w/ Seshen. Saturdays sweat w/ Seshen in Kemetic Yoga w/ light weights!

**14<sup>th</sup>-18<sup>th</sup> FREEBIES**

Grab a friend or family member and come in for DONATION based DROP-IN classes ALL WEEK! **\*\*Membership discounts and Challenge entries\*\***

**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!\*\***

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>COLOR CODES:</b>		1	2	3	4	5
<p><b>*Virtual ONLY</b></p> <p><b>*In-Studio ONLY</b></p> <p><b>*Studio + Virtual</b></p> <p><b>*Sub Instructor</b></p>		<p>6:00am Hot Vibes Yoga</p> <p>11:30am Pound Pilates</p> <p>4:30pm Pilates w/ Judi</p> <p>*6:30pm BUTI Yoga</p>	<p>11:30am MERGE HI-LIT</p> <p>*4:45pm Sculpt &amp; Bands</p> <p>5:30pm Beginner Yoga</p>	<p>6:00am Hot Vibes Yoga</p> <p>11:30am Pilates w/ Dana</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm Hot Power Yoga</p>	<p>*9:30am Chair Yoga</p> <p>*1 1:30am Pop Pilates</p> <p><i>(Live Online In-Studio)</i></p>	<p>8:30am BodySculpt Bootcamp</p> <p><i>(New Class)</i></p> <p>10:00am Kemetic Yoga Sculpt</p>
6	7	8	9	10	11	12
<p>10:15am BUTI Yoga</p>	<p>11:30am MERGE HI-LIT</p> <p>6:00pm BodySculpt Bootcamp</p> <p>*7:00pm R&amp;B/NeoSoul Yin Flow Yoga</p>	<p>6:00am Hot Vibes Yoga</p> <p>11:30am Pound Pilates</p> <p>4:30pm Pilates w/ Judi</p> <p>*6:30pm BUTI Yoga</p>	<p>11:30am MERGE HI-LIT</p> <p>5:30pm Beginner Yoga</p>	<p>6:00am Hot Vibes Yoga</p> <p>11:30am Pilates w/ Dana</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm Beginner/Prenatal Kemetic Yoga <i>(New Class)</i></p>	<p>*9:30am Chair Yoga</p> <p>*1 1:30am Pop Pilates</p> <p><i>(Live Online In-Studio)</i></p>	<p>8:30am BodySculpt Bootcamp</p> <p><i>(New Class)</i></p> <p>10:00am Kemetic Yoga Sculpt</p>
13	14 DONATION	15 BASED	16 DROP-IN	17 CLASSES ALL	18 WEEK**	19
<p>10:15am BUTI Yoga</p> <p><b>Couples Kemetic Yoga w/ Blacksilt</b></p> <p>6pm - \$75</p>	<p>11:30am MERGE HI-LIT</p> <p>6:00pm BodySculpt Bootcamp</p> <p>*7:00pm Yoga for Deep Relaxation</p> <p>*7:00pm R&amp;B/NeoSoul Yin Flow Yoga</p>	<p>6:00am Hot Vibes Yoga</p> <p>11:30am Pound Pilates</p> <p>4:30pm Pilates w/ Judi</p> <p>*6:30pm BUTI Yoga</p>	<p>11:30am MERGE HI-LIT</p> <p>*4:45pm Sculpt &amp; Bands</p> <p>5:30pm Beginner Yoga</p>	<p>6:00am Hot Vibes Yoga</p> <p>11:30am Pilates w/ Dana</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm Hot Power Yoga</p>	<p>*9:30am Chair Yoga</p> <p>*1 1:30am Pop Pilates</p> <p><i>(ONLINE ONLY: Pre-Recorded)</i></p> <p><b>200HR Yoga Teacher Training 4-8pm</b></p>	<p><b>8:30am Vinyasa Yoga Masterclass</b></p> <p><b>200HR Yoga Teacher Training 8am-8pm</b></p>
20	21	22	23	24	25	26
<p><b>8:30am Vinyasa Yoga Masterclass</b></p> <p><b>200HR Yoga Teacher Training 8am-8pm</b></p>	<b>*CLOSED*</b>	<b>*CLOSED*</b>	<b>*CLOSED*</b>	<p><b>**9:00am Burn Before the Bird Zumba w/ Dana**</b></p> <p><b>*HAPPY THANKSGIVING*</b></p>	<b>*CLOSED*</b>	<p><b>9:00am Burn the Bird Zumba w/ Dana**</b></p>
27	28	29	30	<b>What Else Do We Do?</b>		
<p>10:15am BUTI Yoga</p>	<p>11:30am MERGE HI-LIT</p> <p>6:00pm BodySculpt Bootcamp</p> <p>*7:00pm R&amp;B/NeoSoul Yin Flow Yoga</p>	<p>6:00am Hot Vibes Yoga</p> <p>11:30am Pound Pilates</p> <p>4:30pm Pilates w/ Judi</p> <p>*6:30pm BUTI Yoga</p>	<p>11:30am MERGE HI-LIT</p> <p>*4:45pm Sculpt &amp; Bands</p> <p>5:30pm Beginner Yoga</p>	<p>We offer Fascial Stretch + NIR (Near Infrared Light) Sauna Sessions, KT Taping, Ear Candling, and Private Yoga or Yoga Therapy Sessions!! Nutrition support, personal training &amp; mental health consults also available.</p> <p>Facebook Group: The Fitness Collective ATL Group</p> <p>Instagram: @fitnesscollective_atl</p>		