



THE FITNESS COLLECTIVE  
Elevate Your Health-Conscious

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

# March 2026

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

### SOUL SERENE SATURDAYS

Our MedSpa partner is coming to talk through our questions about medical skincare, HRT, and vitamins/supplements/weight loss

### BARRELATES + BIBLES

Brunch, Bible Study, & BarreLates class. We have 4 designated spots available! Hosted in partnership with Soft Girl Pilates.

### WELLNESS & WORSHIP

Join Tiffany + Natasha for prayer, fellowship, nervous system regulation w/ self-massage & purposeful Kingdpreneurs!

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
	6:00am Power Pilates 11:30am Functional Movement 6:00pm Power Barrelates 7:15pm R&B Soul Stretch	6:00am Hot Power Stretch 12:00pm BarreLates Sculpt 6:00pm Pilates w/ Judi 7:15pm Slow Flow	6:00am Sculpt+Bands 11:30am Barre Fitness 5:00pm Power Pilates 6:00pm HotCore <b>**SOCKS RREQUIRED**</b>	6:00am Hot Power Stretch 12:00pm FasciAlign 5:00pm Pilates w/ Judi 6:00pm Align + Unwind	6:00am Hot Power Stretch 11:30am Stretch+Flow 12:30pm Gentle Reset	9:30am Power Pilates  <b>10:30-11:30am Soul Serene Medical Skincare</b>
8	9	10	11	12	13	14
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 Power Stretch 12:00pm BarreLates Sculpt 6:00pm Pilates w/ Judi 7:15pm Slow Flow	6:00am Sculpt+Bands 11:30am Barre Fitness 5:00pm Power Pilates 6:00pm HotCore <b>**SOCKS RREQUIRED**</b>	6:00am Hot Power Stretch 12:00pm FasciAlign 5:00pm Pilates w/ Judi 6:00pm Align + Unwind	6:00am Hot Power Stretch 11:30am Stretch+Flow 12:30pm Gentle Reset	9:30am Power Pilates  <b>10:30-11:30am Soul Serene HRT (Hormone Replacement Therapy)</b>
15	16	17	18	19	20	21
<b>11:00AM-1:00PM BARRELATES + BIBLESTUDY</b> Limited spots available	6:00am Power Pilates 11:30am Functional Movement 6:00pm Power Barrelates 7:15pm R&B Soul Stretch	6:00am Hot Power Stretch 12:00pm BarreLates Sculpt 6:00pm Pilates w/ Judi 7:15pm Slow Flow	6:00am Sculpt+Bands 11:30am Barre Fitness 5:00pm Power Pilates 6:00pm HotCore <b>**SOCKS RREQUIRED**</b>	6:00am Hot Power Stretch 12:00pm FasciAlign 5:00pm Pilates w/ Judi 6:00pm Align + Unwind	6:00am Hot Power Stretch 11:30am Stretch+Flow 12:30pm Gentle Reset <b>Wellness &amp; Worship</b> 6:30-8:30pm \$30 future members	9:30am Power Pilates  <b>10:30-11:30am Soul Serene Weight Management</b>
22	23	24	25	26	27	28
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29	30	31	WHAT ELSE DO WE DO?		Invite code <b>R04NDQ</b>	COLOR CODES
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