



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 **SOCKS RREQUIRED**	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 10:30-11:30am Soul Serene Medical Skincare
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 **SOCKS RREQUIRED**	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 10:30-11:30am Soul Serene HRT (Hormone Replacement Therapy)
15	16	17	18	19	20	21
11:00AM-1:00PM BARRELATES + BIBLESTUDY 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 **SOCKS RREQUIRED**	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 Wellness & Worship 6:30-8:30pm \$30 future members	9:30am Power Pilates 10:30-11:30am Soul Serene Weight Management
22	23	24	25	26	27	28
Closed	Closed	Closed	Closed	Closed	Closed	Closed
29	30	31	WHAT ELSE DO WE DO?		invite code R04NDQ	COLOR CODES
Closed	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	We offer Fascial Stretch & Massage Therapy, Personal Training & Injury Recovery Therapy Sessions, Weight-loss/Nutrition Coaching, & Infrared Sauna. Need Prayer or Corporate Wellness options? Schedule with us or one of our partnered professionals today. Follow us on IG: @fitnesscollective_atl			*In-Studio ONLY *Studio + Virtual *Series/Course