




THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

May 2026



10TH MOTHERS DAY	CELEBRATE all mother figures in your life and let them smell their flowers while they're still here!
WELLNESS & WORSHIP	Join Tiffany + Natasha for prayer, fellowship, nervous system regulation w/ self-massage & purposeful Kingdompreneurs!
30th POP UP PACK	Come and stay all day! Or choose one or two that resonate with you! Iron & Altar is worship w/ weights and more of a workshop/teaching style class.

SUN	MON	TUES	WED	THURS	FRI	SAT
WHAT ELSE DO WE DO?			COLOR CODES		1	2
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 & TikTok: @fitnesscollective_atl			*In-Studio ONLY *Studio + Virtual *Series/Course *Sub Instructor		6:00am FIRED UP 11:30am Stretch+Flow 12:30pm Still & Rooted	9:30am Power Pilates
3	4	5	6	7	8	9
Check Online Schedule for SEVA Classes (\$5 Community)	6:00am Power Pilates 11:30am Shift Strong 6:00pm Power Barrelates 7:15pm Still & Rooted	6:00am FIRED UP 12:00pm Shift & Burn 6:00pm Mat Pilates (Beg) 7:15pm UNFOLD	6:00am Sculpt+Flow 11:30am BarreLates 5:00pm Power Pilates 6:00pm HotCore **SOCKS RREQUIRED**	*6:00am FIRED UP 12:00pm Kinetiq 5:00pm Mat Pilates (Int) 6:15pm Align + Unwind	6:00am FIRED UP 11:30am Stretch+Flow 12:30pm Still & Rooted	9:30am Power Pilates
10	11	12	13	14	15	16
 HAPPY MOTHERS DAY!!!	6:00am Power Pilates 11:30am Shift Strong 6:00pm Power Barrelates 7:15pm Still & Rooted	6:00am FIRED UP 12:00pm Shift & Burn 6:00pm Mat Pilates (Beg) 7:15pm UNFOLD	6:00am Sculpt+Flow 11:30am BarreLates 5:00pm Power Pilates 6:00pm HotCore **SOCKS RREQUIRED**	*6:00am FIRED UP 12:00pm Kinetiq 5:00pm Mat Pilates (Int) 6:15pm Align + Unwind 7PM COMMUNITY PRAISE & WORSHIP	6:00am FIRED UP 11:30am Stretch+Flow 12:30pm Still & Rooted	9:30am Power Pilates
17	18	19	20	21	22	23
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24	25	26	27	28	29	30
2PM STRETCH ON THE GREEN On the grass space by Arden's Garden	6:00am Power Pilates 11:30am Shift Strong 6:00pm Power Barrelates 7:15pm Still & Rooted	6:00am FIRED UP 12:00pm Shift & Burn 6:00pm Mat Pilates (Beg) 7:15pm UNFOLD	6:00am Sculpt+Flow 11:30am BarreLates 5:00pm Power Pilates 6:00pm HotCore **SOCKS RREQUIRED**	*6:00am FIRED UP 12:00pm Kinetiq 5:00pm Mat Pilates (Int) 6:15pm Align + Unwind	6:00am FIRED UP 11:30am Stretch+Flow 12:30pm Still & Rooted Wellness & Worship 6:30-9:00pm	9:30am Power Pilates 10:30am POP UP Barre + Pilates Fusion w/ Jas 11:30am-1:30pm IRON & ALTAR 2:00pm FAITH Flows w/ Ari