

SEPTEMBER 2023



- BARRE / BOOTY BOOTCAMP**
- 17th SOULTRY FLOW**
- 24th FALL EQUINOX**

We have combined your love of Barre & Bootcamp for this Dynamic Duo event. You can be sure you will get a great workout with a hyper-focus on strengthening, toning, and recovering your GLUTES.

To usher his special Equinox Rhema will show the importance of feminine connection to movement and set our intentions **refreshments provided**

Join us at the Cascade Preserves for our seasonal community connection in nature! Autumn helps us release & reflect.

SUN	MON	TUES	WED	THURS	FRI	SAT
WHAT ELSE DO WE DO?			COLOR CODES		1	2
<p>We offer Fascial Stretch Therapy, KT Taping, Cupping, Ear Candling, and Private Yoga or Yoga Therapy Sessions!!</p> <p>Nutrition support, personal training & mental health consults and Infrared Sauna sessions also available. We are YOUR 1-Stop Holistic Shop!</p> <p>Follow us on IG: @fitnesscollective_atl</p>			<p>*Studio & Virtual</p> <p>*Virtual ONLY</p> <p>*In-Studio ONLY</p> <p>*Sub Instructor</p>		<p>7:00-9:00PM</p> <p>BARRE + BOOTY BOOTCAMP</p> <p>Future Members \$25 Members FREE</p>	<p>*9:00am BodySculpt Bootcamp</p> <p>10:00am Kemetic Yoga Sculpt</p>
3	4	5	6	7	8	9
10:15am BUTI Yoga	<p>11:30am MERGE: Sculpt+Stretch</p> <p>6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B/NeoSoul Yin Flow Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Midday Yoga Reset (w/ Tiffany)</p> <p>6:00pm Pilates w/ Judi</p> <p>7:15pm DEEP Restore</p>	<p>11:30am Barre Fit w/Bree</p> <p>*6:00pm HotCore</p> <p>6:45pm Sculpt + Stretch</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Buti Yoga Express</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm Power Flow Yoga</p>		<p>*9:00am BodySculpt Bootcamp</p> <p>10:00am Kemetic Yoga Sculpt</p> <p>7:30-9:30pm SOULTRY FLOW</p>
10	11	12	13	14	15	16
10:15am BUTI Yoga	<p>11:30am MERGE: Sculpt+Stretch</p> <p>6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B/NeoSoul Yin Flow Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Midday Yoga Reset w/ Whitney)</p> <p>6:00pm Pilates w/ Judi</p> <p>7:15pm DEEP Restore</p>	<p>11:30am Barre Fit w/Bree</p> <p>*6:00pm HotCore</p> <p>6:45pm Sculpt + Stretch</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Buti Yoga Express (Chair)</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm Power Flow Yoga</p>		<p>*9:00am BodySculpt Bootcamp</p> <p>10:00am Kemetic Yoga Sculpt</p>
17	18	19	20	21	22	23
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24	25	26	27	28	29	30
<p>9:30AM FALL NATURE CONNECTION</p> <p>10:15am BUTI Yoga</p> <p><i>200HR Yoga Teacher Training 8am-8pm</i></p>	<p>11:30am MERGE: Sculpt+Stretch</p> <p>6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B/NeoSoul Yin Flow Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Midday Yoga Reset (w/ Whitney)</p> <p>6:00pm Pilates w/ Judi</p> <p>7:15pm DEEP Restore</p>	<p>11:30am Barre Fit w/Bree</p> <p>*6:00pm HotCore</p> <p>6:45pm Sculpt + Stretch</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Buti Yoga Express (Chair)</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm Power Flow Yoga</p>		<p>*9:00am BodySculpt Bootcamp</p> <p>10:00am Kemetic Yoga Sculpt</p>