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HIGHLIGHTS FOR MAY www.fitnesscollectiveatl.com (404)254-2108



THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

May 2024



4th INTERNATIONAL PILATES DAY	Join Judi for a morning full of core challenging Pilates. 10am Chair Pilates 11AM Cardio & Mat Pilates – Bring a friend for just \$5.00
10th HEELS FUNDAMENTALS	Learn the basics of how to move in heels. Order yours from burju.com before class (no pain dance shoes). Strut, Roll, Dip & Be FREE!
24-26th CLOSED	We are learning again! Asha from In Grace Yoga Therapy is hosting her Womb Practitioner Training. 10AM-8PM Fri-Sun (Bootcamp is ON)

SUN	MON	TUES	WED	THURS	FRI	SAT
WHAT ELSE DO WE DO?			1	2	3	4
<p>We offer Fascial Stretch & Massage Therapy, Private Yoga or Yoga Therapy Sessions, Weight-loss/Nutrition Coaching. Also, infrared Sauna, Personal Training & Recovery sessions.</p> <p>Follow us on IG: @fitnesscollective_atl</p> <p>Schedule with our Partnered Professionals today!</p>			<p>*6:00am Sculpt+Hotcore **SOCKS RREQUIRED**</p> <p>11:30am Full Body HIIT</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>6:45pm Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Buti Yoga Xpress</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm BarreLates Beats</p> <p>7:15pm Mediation</p>	<p>11:30am VinYin Lite</p>	<p>*8:30am BodySculpt Bootcamp</p> <p>10AM - 12PM PILATES EVENT w/ JUDI</p>
5	6	7	8	9	10	11
4:30pm VinYin Yoga	<p>6:00am SEVA Yoga</p> <p>11:30am MERGE: Sculpt+Stretch</p> <p>*6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Yoga Reset</p> <p>6:00pm Pilates w/ Judi</p> <p>7:30pm Hot Vinyasa</p>	<p>*6:00am Sculpt+Hotcore **SOCKS RREQUIRED**</p> <p>11:30am Full Body HIIT</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>6:45pm Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Buti Yoga Xpress</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm BarreLates Beats</p> <p>7:15pm Mediation</p>	<p>11:30am VinYin Lite</p> <p>7:30-9:30PM HEELS FUNDAMENTALS WORKSHOP</p>	<p>*8:30am BodySculpt Bootcamp</p> <p>10:00am Yoga Sculpt</p>
12	13	14	15	16	17	18
4:30pm VinYin Yoga	<p>6:00am SEVA Yoga</p> <p>11:30am MERGE: Sculpt+Stretch</p> <p>*6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Yoga Reset</p> <p>6:00pm Pilates w/ Judi</p> <p>7:30pm Hot Vinyasa</p>	<p>*6:00am Sculpt+Hotcore **SOCKS RREQUIRED**</p> <p>11:30am Full Body HIIT</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>6:45pm Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Buti Yoga Xpress</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm BarreLates Beats</p> <p>7:15pm Mediation</p>	<p>11:30am VinYin Lite</p>	<p>*8:30am BodySculpt Bootcamp</p> <p>10:00am Yoga Sculpt</p>
19	20	21	22	23	24	25
4:30pm VinYin Yoga	<p>6:00am SEVA Yoga</p> <p>11:30am MERGE: Sculpt+Stretch</p> <p>*6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Yoga Reset</p> <p>6:00pm Pilates w/ Judi</p> <p>7:30pm Hot Vinyasa</p>	<p>*6:00am Sculpt+Hotcore **SOCKS RREQUIRED**</p> <p>11:30am Full Body HIIT</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>6:45pm Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Buti Yoga Xpress</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm BarreLates Beats</p> <p>7:15pm Mediation</p>	<p>*CLOSED FOR TRAINING*</p>	<p>*CLOSED FOR TRAINING*</p>
26	27	28	29	30	31	COLOR CODES
CLOSED FOR TRAINING	<p>6:00am SEVA Yoga</p> <p>11:30am MERGE: Sculpt+Stretch</p> <p>*6:00pm BodySculpt Bootcamp</p> <p>*7:15pm R&B Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Yoga Reset</p> <p>6:00pm Pilates w/ Judi</p> <p>7:30pm Hot Vinyasa</p>	<p>*6:00am Sculpt+Hotcore **SOCKS RREQUIRED**</p> <p>11:30am Full Body HIIT</p> <p>*6:00pm HotCore **SOCKS RREQUIRED**</p> <p>6:45pm Yin Yoga</p>	<p>*6:00am Hot Vibes Yoga</p> <p>11:30am Buti Yoga Xpress</p> <p>4:30pm Pilates w/ Judi</p> <p>6:00pm BarreLates Beats</p> <p>7:15pm Mediation</p>	<p>11:30am VinYin Lite</p>	<p>*In-Studio ONLY</p> <p>*Studio + Virtual</p> <p>*Series/Course</p> <p>*Sub Instructor</p>