



THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

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

NOVEMBER 2025

HIGHLIGHTS FOR NOVEMBER

PINK PILATES

Pilates Pop-Up

Turkey Day!

DONATION BASED (min \$10) Join Ms. Judi as we bring awareness to Breast Cancer prevention with Pilates supporting Sisters By Choice

Andané is back for a Powerful Pilates Pop-up class! (Say that five times fast) Show how much she was missed and sign up now,

Whether its Thanksgiving or Indigenous People's Day, we want to wish you a safe and wonderful holiday!

SUN	MON	TUES	WED	THURS	FRI	SAT
COLOR CODES:	WHAT ELSE DO WE DO?					1
<p>*Virtual ONLY</p> <p>*In-Studio ONLY</p> <p>*Studio + Virtual</p> <p>*Sub Instructor</p>	<p>We provide Fascial Stretch + NIR (Near Infrared Light) Sauna Therapy, and Private Movement or Yoga Therapy Sessions!! We also offer Nutrition support, personal training, & mental health consults. We are YOUR 1-Stop Holistic, Generational Healing Shop!</p> <p>Follow us on IG: @fitnesscollective_atl</p>					9:30am Power Pilates
2	3	4	5	6	7	8
Check Online Schedule for SEVA Classes (\$5 Community)	6:00am Mobility Flow 11:30am Functional Movement 6:00pm Power Barrelates 7:15pm R&B Yin Stretch	6:00am Hot Vibes 12:00pm Stability Stretch 6:00pm Pilates w/ Judi 7:30pm Hot Vibes	6:00am Sculpt+Bands 11:30am Barre Fitness 6:00pm HotCore **SOCKS RREQUIRED** 6:45pm DEEP Restore	*6:00am Hot Vibes 12:00pm Buti Mvmnt 5:00pm Pilates w/ Judi 6:15pm Align + Flex	*6:00am Hot Vibes 11:30am Stretch + Flow	9:30am Power Pilates
9	10	11	12	13	14	15
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16	17	18	19	20	21	22
1 - 4PM PINK PILATES w/ Judi & Shy	6:00am Mobility Flow 11:30am Functional Movement 6:00pm Power Barrelates 7:15pm R&B Yin Stretch	6:00am Hot Vibes 12:00pm Stability Stretch 6:00pm Pilates w/ Judi 7:30pm Hot Vibes	6:00am Sculpt+Bands 11:30am Barre Fitness 6:00pm HotCore **SOCKS RREQUIRED** 6:45pm DEEP Restore	*6:00am Hot Vibes 12:00pm Buti Mvmnt 5:00pm Pilates w/ Judi 6:15pm Align + Flex	*6:00am Hot Vibes 11:30am Stretch + Flow 12:30pm Gentle Release	9:30am Power Pilates
23/30	24	25	26	27	28	29
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