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May 2024

to schedule call **701-630-5866**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10a Progressive Pole* 6:30p Aerial Silks II 6:30p Pole Fund I/II (C)	2 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra III/IV	3 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	4 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle 1:15p Aerial Silks II
5 10:30a Energy Stretch* 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4p Aerial Silks I 4:30p AI-III/Adv/T&T 5:30p Progressive Pole* 7p Progressive Pole*	6 10a Progressive Pole* 10a Progressive Pole* 5:30p Progressive Pole* 5:45p FREE Lyra I 5:45p Pole Fund III/IV (A) 6:45p FREE Pole Fund I	7 5:30p Pole 300 w/ Stacey Ann 6p Twerk-Out 7p Pole Fund II/III (A)	8 10a Progressive Pole* 6:30p Aerial Silks II	9 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra III/IV 6:30p Spin Pole I/II	10 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	11 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle 1:15p Aerial Silks II
12 10:30a Energy Stretch* 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4p FREE Aerial Silks I 5:30p Progressive Pole* 7p Progressive Pole*	13 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Lyra I 5:45p Pole Fund III/IV (B) 6:45p Pole Fund I/II (B)	14 5:30p Pole 300 w/ Stacey Ann 6p Twerk-Out	15 10a Progressive Pole* 6:30p Aerial Silks II	16 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra III/IV 6:30p Spin Pole I/II	17 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	18 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle
19 10:30a Energy Stretch* 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4p Aerial Silks I 4:30p AI-III/Adv/T&T 5:30p Progressive Pole* 7p Progressive Pole*	20 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Lyra I 5:45p Pole Fund III/IV (C) 6:45p Pole Fund I/II (C) 7:30p Pound	21 5:30p Pole 300 w/ Stacey Ann 6p Twerk-Out 7p Pole Fund II/III (B)	22 10a Progressive Pole* 6:30p Aerial Silks II 6:30p Pole Fund I/II (D)	23 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra III/IV 6:30p Spin Pole I/II	24 5:30p Progressive Pole*	25 Memorial Day Holiday Studio Closed
26 Memorial Day Holiday Studio Closed	27 Memorial Day Holiday Studio Closed	28 5:30p Pole 300 w/ Stacey Ann 6p Twerk-Out 7p Pole Fund II/III (C)	29 10a Progressive Pole* 6:30p Aerial Silks II 6:30p FREE Pole Fund I	30 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra III/IV 6:30p Spin Pole I/II	31 5:30p Progressive Pole*	

Zero Gravity Alternative Fitness
3350 35th Ave S. Suite 7, Fargo ND
*contact RyLee at 701-729-1499

FREE CLASSES:
Pole Fund I - May 6 @ 6:45p
May 29 @ 6:30p
Aerial Silks I - May 12 @ 4p
Lyra I - May 6 @ 5:45p