

# April 2021

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|---|--|---|---|--|---|
|   |   |  |   | 1<br>4:30p XaBeat<br>6p Aerial Pole I/II (C)<br>6:30p Interm Lyra<br>7p Fund I (A)<br>7p Interm Spin Pole                     | 2<br>6:30p Heel Technique  | 3<br>10a Perf. Critiques<br>5p Hooping WKSHP    |
| 4<br>EASTER HOLIDAY<br>5:30p Technique Refinement<br>6:30p Holistic Stretch   | 5<br>5p Fund I (B)<br>6p Tricks and Transitions<br>6p Twerk Out<br>6:30p Aerial Silk Tricks<br>7:45p Pound  | 6<br>5:30p Fund III-All (D)<br>6:30p Aerial Silk Fitness<br>6:45p Fund I (B)   | 7<br>5:30p Fund I (D)<br>6:30p Fund I (D)<br>6:30p Fund II/III (D)<br>7:30p Aerial Pole I/II (B)                | 8<br><b>4:30p FREE XABEAT</b><br>5:30p Floorwork<br>6:30p Interm Lyra<br>7p Fund I (B)  | 9<br>5:30p Intro Spin Pole<br>6:30p Heel Technique                       | 10<br>5p Hooping WKSHP                          |
| 11<br>INSTRUCTOR TRAINING<br>6p Holistic Stretch  | 12<br>5p Fund I (C)<br>6p Tricks and Transitions<br>6p Twerk Out<br>6:30p Aerial Silk Tricks<br>7:45p Pound | 13<br>5:30p Fund III-All (A)<br>5:45p Fund II/III (B)<br>6:30p Aerial Silk Fitness<br>6:45p Fund I (C)               | 14<br><b>5:30p Fund I FREE CLASS</b><br>6:30p Fund I (A)<br>6:30p Fund II/III (A)<br>7:30p Aerial Pole I/II (C) | 15<br>4:30p XaBeat<br>5:30p Floorwork<br>6p Aerial Pole I/II (D)<br>6:30p Interm Lyra<br>7p Fund I (C)<br>7p Interm Spin Pole | 16<br>4:30p On the Ball<br>6:30p Heel Technique                          | 17<br>Enchanted<br>Showcase<br>Doors 7p/Show 8p |
| 18<br>3p Youth Silks<br>4:30p Aerial Spin Pole  | 19<br>5p Fund I (D)<br>6p Tricks and Transitions<br>6p Twerk Out<br>6:30p Aerial Silk Tricks<br>7:45p Pound | 20<br>5:30p Fund III-All (B)<br>5:45p Fund II/III (C)<br>6:30p Aerial Silk Fitness<br>6:45p Fund I (D)               | 21<br>5:30p Fund I (B)<br>6:30p Fund I (B)<br>6:30p Fund II/III (B)<br>7:30p Aerial Pole I/II (D)               | 22<br>4:30p XaBeat<br>5:30p Floorwork<br>6p Aerial Pole I/II (A)<br>7p Fund I (D)<br>7p Interm Spin Pole                      | 23<br>4:30p On the Ball<br>5:30p Intro Spin Pole<br>6:30p Heel Technique | 24<br>5p Hooping WKSHP                          |
| 25<br>12p Beginner Series<br>3p Youth Silks<br>4:30p Aerial Spin Pole<br>5:30p Technique Refinement<br>6:30p Holistic Stretch | 26<br>5p Fund I (A)<br>6p Tricks and Transitions<br>6p Twerk Out<br>6:30p Aerial Silk Tricks<br>7:45p Pound | 27<br>5:30p Fund III-All (C)<br>5:45p Fund II/III (D)<br>6:30p Aerial Silk Fitness<br><b>6:45p Fund I FREE CLASS</b> | 28<br>5:30p Fund I (C)<br>6:30p Fund I (C)<br>6:30p Fund II/III (C)<br>7:30p Aerial Pole I/II (A)               | 29<br>4:30p XaBeat<br>5:30p Floorwork<br>6p Aerial Pole I/II (B)<br>6:30p Interm Lyra<br>7p Fund I (A)<br>7p Interm Spin Pole | 30<br>4:30p On the Ball<br>5:30p Intro Spin Pole<br>6:30p Heel Technique |   |

## Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

701-630-5866

zerogravityfargo.com

## *Enchanted Showcase*

*April 17th, 2021*

*Doors 7p/ Show 8p*

*Tickets \$20*

## FREE CLASSES:

FUND 1- APRIL 14th @ 5:30p

APRIL 27th @ 6:45p

XABEAT- APRIL 8th @ 4:30p

**SIGN UP FOR CLASSES TODAY!**