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**April 2024**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (D) 6:45p Pole Fund I/II (D) 7:30p Pound	2 5:30p Pole 300 w/ Stacey Ann 6p Twerk-Out 7p Pole Fund II/III (A)	3 10a Progressive Pole* <b>5:30p FREE Lyra I</b> 5:30p Aerial Silks I 6:30p Pole Fund I/II (D)	4 5:30p Lyra III 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra IV	5 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	6 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle 1:15p Aerial Silks II
7 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4:30p AI-III/Adv/T&T 6p Splits & Straddles*	8 10a Progressive Pole* 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (A) <b>6:45p FREE Pole Fund I</b> <b>7:30p FREE Pound</b>	9 5:30p Pole 300 w/ Stacey Ann 6p Twerk-Out 7p Pole Fund II/III (B)	10 10a Progressive Pole* 5:30p Lyra I 5:30p Aerial Silks I	11 5:30p Lyra III 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra IV 6:30p Spin Pole I/II	12 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	13 <b>HEROES &amp; VILLAINS SHOWCASE</b>  <b>Fargo Brewing Company</b> <b>8p - Tickets on Website</b>
14 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4:30p AI-III/Adv/T&T 6p Splits & Straddles*	15 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (B) 6:45p Pole Fund I/II (B) 7:30p Pound	16 5:30p Pole 300 w/ Stacey Ann	17 10a Progressive Pole* 5:30p Lyra I 5:30p Aerial Silks I <b>6:30p FREE Pole Fund I</b>	18 5:30p Lyra III 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra IV 6:30p Spin Pole I/II	19 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	20 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle
21 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4:30p AI-III/Adv/T&T <b>5p Lollipop I/II WKSHP</b> <b>6p Lollipop III/IV WKSHP</b> 6p Splits & Straddles*	22 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (C) 6:45p Pole Fund I/II (C) 7:30p Pound	23 5:30p Pole 300 w/ Stacey Ann <b>6p FREE Twerk-Out</b> 7p Pole Fund II/III (C)	24 10a Progressive Pole* 5:30p Lyra I <b>5:30p FREE Aerial Silks I</b> 6:30p Pole Fund I/II (B)	25 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra IV 6:30p Spin Pole I/II	26 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	27 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle 1:15p Aerial Silks II
28 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4:30p AI-III/Adv/T&T 6p Splits & Straddles*	29 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (D) 6:45p Pole Fund I/II (D) 7:30p Pound	30 5:30p Pole 300 w/ Stacey Ann 6p Twerk-Out 7p Pole Fund II/III (D)				

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

**Lollipop Workshop**  
**5p INTRO/BEGINNER (I/II)**  
**6p INTERMED/ADVANCED (III/IV)**  
Cost: **\$30 (Members \$25)**

EVENTS:

**Heroes & Villains Showcase**  
**Fargo Brewing Company**  
Doors 7p, Show 8p  
Tickets Available via Website

FREE CLASSES:

**Pole Fund I** - April 8 @ 6:45p  
April 17 @ 6:30p  
**Aerial Silks I** - April 24 @ 5:30p  
**Twerk-Out** - April 23 @ 6p  
**Lyra I** - April 3 @ 5:30p  
**Pound** - April 8 @ 7:30p