

# December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5p Tricks & Transitions 6:30p Fund I (D) 6:30p Aerial Yoga	2 6p Aerial Pole I/II (D) 6:30p Aerial Silk Tricks 7:15p Fund I (B) 8:15p Pole-ates	3 6p Fund I (A) 7p Aerial Silk Fitness 7p Fund II/III (A)	4 5:30p XaBeat 6:30p Fund I (B) 6:30p Fund II/III (B) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (A)	5 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (B) <b>7p FREE POLE FUND I</b> 8p Yoga	6 12p Barre 6p Floorwork 7p Flow	7 10a Intro Spin Pole 11a Fund I (B)
8 5p Tricks & Transitions 6:30p Fund I (A) 6:30p Aerial Yoga	9 6p Aerial Pole I/II (A) 6:30p Aerial Silk Tricks 7:15p Fund I (C) <b>8:15p FREE Pole-ates</b>	10 6p Fund I (B) 7p Aerial Silk Fitness 7p Fund II/III (B)	11 5:30p XaBeat 6:30p Fund I (C) 6:30p Fund II/III (C) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (B)	12 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (C) 7p Fund I (B) 8p Yoga	13 NO CLASSES	14 10a Intro Spin Pole 11a Fund I (C)
15 5p Tricks & Transitions 6:30p Fund I (B) 6:30p Aerial Yoga	16 6p Aerial Pole I/II (B) 6:30p Aerial Silk Tricks 7:15p Fund I (D) 8:15p Pole-ates	17 6p Fund I (C) 7p Aerial Silk Fitness 7p Fund II/III (C)	18 5:30p XaBeat 6:30p Fund I (D) 6:30p Fund II/III (D) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (C)	19 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (D) 7p Fund I (C) 8p Yoga	20 12p Barre <b>6p FREE FLOORWORK</b> 7p Flow	21 10a Intro Spin Pole 11a Fund I (D)
22 5p Tricks & Transitions 6:30p Fund I (C) 6:30p Aerial Yoga	23 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks 7:15p Fund I (A) 8:15p Pole-ates	24 STUDIO CLOSED X MAS HOLIDAY	25 STUDIO CLOSED X MAS HOLIDAY	26 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (A) 7p Fund I (D) 8p Yoga	27 6p Floorwork 7p Flow	28 10a Intro Spin Pole 11a Fund I (A)
29 5p Tricks & Transitions 6:30p Fund I (D) 6:30p Aerial Yoga	30 6p Aerial Pole I/II (D) 6:30p Aerial Silk Tricks 7:15p Fund I (B) 8:15p Pole-ates	31 STUDIO CLOSED NEW YEARS HOLIDAY				

## Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

[zerogravityfargo.com](http://zerogravityfargo.com)

701-630-5866

## *New Pole Fundamentals I Sessions*

*4 Classes for only \$50*

*Sundays starting December 8th @ 6:30pm*

*Saturdays starting December 28th @ 11am*

*Space is very limited - please call to register*

## FREE CLASSES

**Pole: December 5th @ 7 pm**

**Pole-ates: December 9th @ 8:15 pm**

**Floorwork: December 20th @ 6 pm**

**SIGN UP FOR CLASSES TODAY!**

[zerogravityfargo.com](http://zerogravityfargo.com)