

December 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30p Strength 5:45p Fund II/III (C) 6:30p Aerial Silk Fitness 6:45p Fund I (D)	2 5:30p Yoga 6:30p Fund I (B) 6:30p Fund II/III (B) 7:30p Fund III-All (A)	3 5:45p Aerial Pole I/II (C) 5:45p Beginner Lyra 6:45p Fund I/II (B)	4 5:30p Intro to Spin Pole 6:30p Heel Technique	5 CLOSED
6 1p Beginner Series 5:30p Fund II/III (A) 6:30p Holistic Stretch 6:30p Intro Lyra WKSHP	7 1p Beginner Series 5:45p Tricks and Transitions 5:45p Pole Dance Cardio 6:30p Aerial Silk Tricks 6:45p Technique Refinement 7:30p Pound	8 5:30p Fund III-All (A) 5:45p Fund II/III (D) 6:30p Aerial Silk Fitness 6:45p Fund I FREE CLASS	9 5:30p Yoga 6:30p Fund I (C) 6:30p Fund II/III (C) 7:30p Strength	10 5:45p Aerial Pole I/II (D) 5:45p Beginner Lyra 6:45p Fund I/II (C)	11 5:30p Intro to Spin Pole 6:30p Heel Technique	12 CLOSED
13 1p Beginner Series 4:30p Aerial Spin Pole 5:30p Fund II/III (B) 6:30p Holistic Stretch 6:30p Intro Lyra WKSHP	14 1p Beginner Series 5:45p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 6:45p Technique Refinement 7:30p Pound	15 5:30p Strength 5:45p Fund II/III (A) 6:30p Aerial Silk Fitness 6:45p Fund I (B)	16 5:30p Yoga 6:30p Fund I (D) 6:30p Fund II/III (D) 7:30p Fund III-All (B)	17 5:45p Aerial Pole I/II (A) 5:45p Beginner Lyra 6:45p Fund I/II (D)	18 5:30p Intro to Spin Pole 6:30p Heel Technique	19 CLOSED
20 1p Beginner Series 4:30p Aerial Spin Pole 5:30p Fund II/III (C) 6:30p Holistic Stretch 6:30p Intro Lyra WKSHP	21 1p Beginner Series 5:45p Tricks and Transitions 5:45p Pole Dance Cardio 6:30p Aerial Silk Tricks 6:45p Technique Refinement 7:30p Pound	22 5:30p Fund III-All (B) 5:45p Fund II/III (B) 6:30p Aerial Silk Fitness 6:45p Fund I (C)	23 5:30p Yoga 6:30p Fund I FREE CLASS 6:30p Fund II/III (A) 7:30p Strength	24 CLOSED CHRISTMAS HOLIDAY	25 CLOSED CHRISTMAS HOLIDAY	26 CLOSED CHRISTMAS HOLIDAY
27 5:30p Fund II/III (D) 6:30p Holistic Stretch	28 1p Beginner Series 5:45p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 6:45p Technique Refinement 7:30p Pound	29 5:30p Strength 5:45p Fund II/III (C) 6:30p Aerial Silk Fitness 6:45p Fund I (D)	30 5:30p Yoga 6:30p Fund I (B) 6:30p Fund II/III (B) 7:30p Fund III-All (C)	31 CLOSED NEW YEARS HOLIDAY		

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

SIGN UP FOR CLASSES TODAY!

zerogravityfargo.com

701-630-5866

Twerk-Out w/ Kirci

Dec 14th and Dec 21st at 6 pm

\$20

FREE CLASSES:

FUND 1- DEC 8th @ 6:45p

DEC 23rd @ 6:30p

Intro to Lyra 4 Week Progressive WKSHP

Begins Sunday Nov 29th @ 6:30pm

\$125