



February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10a Beginner Series 5p Fund I (A) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 7:30p Pound	2 5:30p Fund III-All (D) 5:45p Fund II/III (D) 6:30p Aerial Silk Fitness 6:45p Fund I FREE CLASS	3 5:30p Aerial Silk Yoga 6:30p Fund I (C) 6:30p Fund II/III (C) 7:30p Strength	4 5p XaBeat 5:45p Floorwork 6p Aerial Pole I/II (B) 6:30p Interm Lyra 7p Fund I/II (A) 7p Interm Spin Pole	5 6:30p Heel Technique	6 10a ALZ POLE CLASS 1p ALZ SILK TRICK CLASS 2:15p Chair WKSHP 4:15p Chair WKSHP
7 12p Beginner Series 3p Youth Silks 4:30p Beginner Lyra 4:30p Aerial Spin Pole 5:30p Skill Roulette 6:30p Holistic Stretch	8 10a Beginner Series 5p Fund I (B) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 7:30p Pound	9 5:45p Fund II/III (A) 6:45p Fund I (B)	10 5:30p Aerial Silk Yoga 6:30p Fund I (D) 6:30p Fund II/III (D) 7:30p Stretch	11 5p XaBeat 5:45p Floorwork 6p Aerial Pole I/II (C) 6:30p Interm Lyra 7p Fund I/II (B) 7p Interm Spin Pole GIVING HEARTS DAY  	12 5:30p Intro Spin Pole 6:30p Heel Technique	13 STUDIO CLOSED
14 12p Beginner Series 3p Youth Silks 4:30p Beginner Lyra 4:30p Aerial Spin Pole 5:30p Skill Roulette 6:30p Holistic Stretch	15 10a Beginner Series 5p Fund I (C) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 7:30p Pound	16 5:30p Fund III-All (B) 5:45p Fund II/III (B) 6:30p Aerial Silk Fitness 6:45p Fund I (C)	17 5:30p Aerial Silk Yoga 6:30p Fund I FREE CLASS 6:30p Fund II/III (A) 7:30p Strength	18 5p XaBeat 6p Aerial Pole I/II (D) 6:30p Interm Lyra 7p Interm Spin Pole	19 5:30p Intro Spin Pole 6:30p Heel Technique	20 8a-12p Self Defense WKSHP w/ Mariah Prussia
21 12p Beginner Series 3p Youth Silks 4:30p Beginner Lyra 4:30p Aerial Spin Pole	22 5p Fund I (D) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 7:30p Pound	23 5:30p Fund III-All (C) 5:45p Fund II/III (C) 6:30p Aerial Silk Fitness 6:45p Fund I (D)	24 5:30p Aerial Silk Yoga 6:30p Fund I (B) 6:30p Fund II/III (B) 7:30p Stretch	25 5p XaBeat 5:45p Floorwork 6p Aerial Pole I/II (A) 6:30p Interm Lyra 7p Fund I/II (D) 7p Interm Spin Pole	26 5:30p Intro Spin Pole 6:30p Heel Technique	27 10a Rollga Foam Roller WKSHP
28 12p Beginner Series 3p Youth Silks 4:30p Beginner Lyra 4:30p Aerial Spin Pole 5:30p Skill Roulette 6:30p Holistic Stretch						

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

XaBeat

Thursdays at 5 pm

\$15 or 5 for \$25 punchcard

FREE CLASSES:

FUND 1- FEB 2nd @ 6:45p

FEB 17th @ 6:30p

SIGN UP FOR CLASSES TODAY!

zerogravityfargo.com

Saturday Workshops
February 6th, 20th, & 27th

701-630-5866

Costs Vary please check out MindBody