

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 STUDIO CLOSED NEW YEARS HOLIDAY	2 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (B) 7p Fund I (A) 8p Yoga	3 12p Barre 6p Floorwork 7p Flow	4 10a Intro Spin Pole 11a Fund I (B)
5 5p Tricks & Transition 6:30p Fund II (A) 6:30p Aerial Yoga	6 6p Aerial Pole I/II (A) 7:45p Fund I (C) 8:45p Pole-ates	7 6p Fund I (D) 7p Aerial Silk Fitness 7p Fund II/III (D)	8 5:30p XaBeat 6:30p FREE POLE Fund I 6:30p Fund II/III (A) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (D)	9 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (C) 7p Fund I (B) 8p Yoga	10 12p Barre 6p Floorwork 7p Flow	11 10a Intro Spin Pole 11a Fund I (C)
12 5p Tricks & Transitions 6:30p Fund II (B) 6:30p Aerial Yoga	13 6p Aerial Pole I/II (B) 6:30p Aerial Silk Tricks 7:45p Fund I (D) 8:45p Pole-ates	14 6p Fund I (A) 7p Aerial Silk Fitness 7p Fund II/III (A)	15 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)	16 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (D) 7p Fund I (C) 8p Yoga	17 12p Barre	18 10a Intro Spin Pole 11a Fund I (D)
19 5p Tricks & Transitions 6:30p Fund II (C)	20 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks 7:45p Fund I (A) 8:45p Pole-ates	21 6p Fund I (B) 7p Aerial Silk Fitness 7p Fund II/III (B)	22 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)	23 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (A) 7p Fund I (D) 8p Yoga	24 12p Barre 6p Floorwork 7p Flow	25 10a Intro Spin Pole 11a FREE POLE Fund I
26 5p Tricks & Transitions 6:30p Fund II (D) 6:30p Aerial Yoga	27 6p Aerial Pole I/II (D) 6:30p Aerial Silk Tricks 7:45p Fund I (B) 8:45p FREE Pole-ates	28 6p Fund I (C) 7p Aerial Silk Fitness 7p Fund II/III (C)	28 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)	30 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (B) 7p Fund I (A) 8p Yoga	31 12p Barre 6p Floorwork 7p Flow	

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

zerogravityfargo.com

701-630-5866

New Pole Fundamentals I Sessions

4 Classes for only \$50

Tuesdays starting January 14th @ 6pm

Space is very limited - please call to register

FREE CLASSES

Pole: January 8th @ 6:30 pm

January 25th @ 11 am

XaBeat: January 15th @ 5:30 pm

Pole-ates: January 27th @ 8:45 pm

SIGN UP FOR CLASSES TODAY!

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