

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CLOSED NEW YEARS HOLIDAY	2 CLOSED
3 5:30p Skill Roulette 6:30p Holistic Stretch	4 5p Fund I (A) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 6:50p Technique Refinement 7:30p Pound	5 5:30p Fund III-All (D) 5:45p Fund II/III (D) 6:30p Aerial Silk Fitness 6:45p Fund I FREE CLASS	6 5:30p Aerial Silk Yoga 6:30p Fund I (C) 6:30p Fund II/III (C) 7:30p Strength	7 5p XaBeat 5:45p Floorwork 6p Aerial Pole I/II (B) 6:30p Interm Lyra 6:45p Fund I/II (A) 7p Interm Spin Pole	8 5:30p Intro to Spin Pole 6:30p Heel Technique	9 10a Intro Lyra WKSHP
10 4:30p Aerial Spin Pole 5:30p Skill Roulette 6:30p Holistic Stretch 12-3p BRIDAL FANTASY	11 10a Beginner Series 5p Fund I (B) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 6:50p Technique Refinement 7:30p Pound	12 5:30p Fund III-All (A) 5:45p Fund II/III (A) 6:30p Aerial Silk Fitness 6:45p Fund I (B)	13 5:30p Aerial Silk Yoga 6:30p Fund I (D) 6:30p Fund II/III (D) 7:30p Stretch	14 5p XaBeat 5:45p Floorwork 6p Aerial Pole I/II (C) 6:30p Interm Lyra 6:45p Fund I/II (B) 7p Interm Spin Pole	15 5:30p Intro to Spin Pole 6:30p Heel Technique 8pm Underground Bingo	16 10a Intro Lyra WKSHP
17 4:30p Aerial Spin Pole 5:30p Skill Roulette 6:30p Holistic Stretch	18 10a Beginner Series 5p Fund I (C) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 6:50p Technique Refinement 7:30p Pound	19 5:30p Fund III-All (B) 5:45p Fund II/III (B) 6:30p Aerial Silk Fitness 6:45p Fund I (C)	20 4:30p Youth Silks 5:30p Aerial Silk Yoga 6:30p Fund I FREE CLASS 6:30p Fund II/III (A) 7:30p Strength	21 5p XaBeat 5:45p Floorwork 6p Aerial Pole I/II (D) 6:30p Interm Lyra 6:45p Fund I/II (C) 7p Interm Spin Pole	22 5:30p Intro to Spin Pole 6:30p Heel Technique	23 10a Intro Lyra WKSHP
24/31 4:30p Aerial Spin Pole 5:30p Skill Roulette 6:30p Holistic Stretch	25 10a Beginner Series 5p Fund I (D) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 6:50p Technique Refinement 7:30p Pound	26 5:30p Fund III-All (C) 5:45p Fund II/III (C) 6:30p Aerial Silk Fitness 6:45p Fund I (D)	27 4:30p Youth Silks 5:30p Aerial Silk Yoga 6:30p Fund I (B) 6:30p Fund II/III (B) 7:30p Stretch	28 5p XaBeat 5:45p Floorwork 6p Aerial Pole I/II (A) 6:30p Interm Lyra 6:45p Fund I/II (D) 7p Interm Spin Pole	29 5:30p Intro to Spin Pole 6:30p Heel Technique	30 10a Intro Lyra WKSHP

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

6:30p

Twerk-Out w/ Kirci

Mondays at 6 pm

\$15 or INCLUDED IN MEMBERSHIP

FREE CLASSES:

FUND 1- JAN 5th @ 6:45p

JAN 20th @

SIGN UP FOR CLASSES TODAY!

XaBeat is BACK!!

New Pole Fundamentals I

zerogravityfargo.com
701-630-5866

Thursdays @ 5 pm
\$15 or INCLUDED IN MEMBERSHIP

Mondays @ 5 pm