

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 CLOSED NEW YEARS HOLIDAY
2 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	3 10a Progressive Pole 5p Fund I (C) 6p Twerk-Out 7:45p FREE POUND	4 5:30p Fund III-All (A) 6p Advanced Lyra 6:30p Fund I/II (B) 7p Intro to Silk Tricks 7p Trap Yoga	5 5:30p Freestyle 5:30p Interm Spin Pole 6p Silk & Lyra Freestyle 6:30p Fund I/II (B) 6:30p Fund II/III (B) 7:30p Freestyle 7:30p Aerial Pole I/II (C) 7:30p Interm Silk Tricks	6 5:30p Beginner Silks 6p Aerial Pole I/II (D) 6:30p Interm Lyra 7p Fund I/II (B) 7p Fund II/III (D)	7 12:15p Barre/Pilates 6:30p Heel Technique 6:30p Freestyle	8 9:30a FREE XABEAT 10:30a Functional Strength Training
1p Performance Critiques 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	10 10a Progressive Pole 5p Fund I (D) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (B) 7p Beginner Lyra 7:45p Pound	11 5:30p Fund III-All (B) 6p Advanced Lyra 6:30p Fund I/II (C) 7p FREE Intro to Silk Tricks 7p Trap Yoga	12 5:30p Freestyle 5:30p Interm Spin Pole 6p Silk & Lyra Freestyle 6:30p Fund I/II (C) 6:30p Fund II/III (C) 7:30p Freestyle 7:30p Aerial Pole I/II (D) 7:30p Interm Silk Tricks	13 5:30p Beginner Silks 6p Aerial Pole I/II (A) 6:30p Interm Lyra 7p Fund I/II (C) 7p Fund II/III (A)	14 6:30p Heel Technique 6:30p Freestyle	15 10:30a Functional Strength Training
16 1p Performance Critiques 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	17 10a Progressive Pole 5p FUND I FREE CLASS 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (C) 7:45p Pound	18 6p Advanced Lyra 6:30p Fund I/II (D) 7p Intro to Silk Tricks 7p Trap Yoga	19 5:30p Freestyle 5:30p Interm Spin Pole 6p Silk & Lyra Freestyle 6:30p Fund I/II (D) 6:30p Fund II/III (D) 7:30p Freestyle 7:30p Aerial Pole I/II (A) 7:30p Interm Silk Tricks	20 5:30p Beginner Silks 6p Aerial Pole I/II (B) 6:30p Interm Lyra 7p Fund I/II (D) 7p Fund II/III (B)	21 12:15p Barre/Pilates 6p Friday Night Freestyle	22 BELOW ZERO SHOWCASE AT ZERO GRAVITY Doors 7pm, Show 8pm
23 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	24 10a Progressive Pole 5p Fund I (B) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (D) 7p Beginner Lyra 7:45p Pound	25 5:30p Fund III-All (C) 6p Advanced Lyra 6:30p Fund I/II (A) 7p Intro to Silk Tricks 7p Trap Yoga	26 5:30p Freestyle 5:30p Interm Spin Pole 6p Silk & Lyra Freestyle 6:30p Fund I/II (A) 6:30p Fund II/III (A) 7:30p Freestyle 7:30p Aerial Pole I/II (B) 7:30p Interm Silk Tricks	27 7a YPN Silks WKSHP 5:30p Beginner Silks 6p Aerial Pole I/II (C) 6:30p Interm Lyra 7p Fund I/II (A) 7p Fund II/III (C)	28 12:15p FREE Barre 6:30p Heel Technique 6:30p Freestyle	29 9:30a XaBeat 10:30a Functional Strength Training
30 3p Instructor Training 5p Progressive Pole 6p Energy Medicine Mobility	31 10a Progressive Pole 5p Fund I (C) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (A) 7p Beginner Lyra 7:45p FREE POUND					

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7, Fargo ND

701-630-5866

Visit zerogravityfargo.com

BELOW ZERO SHOWCASE @ Zero Gravity Studio

January 22nd Doors 7p, Show 8pm

\$20 online, \$25 day of

FREE CLASSES:

POLE FUND 1- Jan 20 @ 5p

BARRE- Jan 28 @ 12:15p **XABEAT-** Jan 8 @ 9:30a

POUND- Jan 31 @ 7:45p **INTRO SILKS-** Jan 11 @ 7p