

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5p Yoga 6p Aerial Pole I/II (B) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (C) 8:45p Pole-ates	2 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (C)	3 CLOSED 4th of JULY HOLIDAY	4 CLOSED 4th of JULY HOLIDAY	5 CLOSED 4th of JULY HOLIDAY	6 10a Intro Spin Pole 11a Fund I (A) 12p KNOCKED OUT PHOTOSHOOT
7 5:30p Fund I (B) 6:30p Fund II/III (C)	8 5p Yoga 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (D) 8:45p Pole-ates	9 12p Guided Freestyle 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (D)	10 6:30p Fund I (B) 6:30p Fund II/III (B)	11 6p Aerial Pole I/II (C) 7p Fund I (B) 7p Aerial Silk Fitness 8p Yoga	12 12p FREE Barre 6p Floorwork 7p Flow	13 CLOSED INSTRUCTOR TRAINING MPLS
14 CLOSED INSTRUCTOR TRAINING MPLS	15 5p Yoga 6p Aerial Pole I/II (D) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p FREE POLE FUND I 8:45p Pole-ates	16 12p Guided Freestyle 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (A)	17 5:30p XaBeat 6:30p Fund II/III (C) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (D)	18 6p Aerial Pole I/II (D) 7p Fund I (C) 7p Aerial Silk Fitness 8p Yoga	19 12p Barre 6p Floorwork 7p Flow	20 8:45a Drillz for Skillz 10a Intro Spin Pole 11a Fund I (B) 1p Aerial Silks & Reiki Meditation Workshop
21 5:30p Fund I (C) 6:30p Fund II/III (D)	22 5p Yoga 6p Aerial Pole I/II (A) 6:50p Pole Cardio 7:45p Fund I (B) 8:45p Pole-ates	23 12p Guided Freestyle 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (B)	24 5:30p XaBeat 6:30p Fund I (C) 6:30p Fund II/III (D) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (A)	25 6p Aerial Pole I/II (A) 7p Fund I (D) 7p Aerial Silk Fitness 8p Yoga	26 12p Barre 6p Floorwork 7p Flow	27 8:45a FREE Drillz for Skillz 10a Intro Spin Pole 11a Fund I (C)
28 5:30p Fund I (D) 6:30p Fund II/III (A)	29 6p Aerial Pole I/II (B) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (C) 8:45p Pole-ates	30 12p Guided Freestyle 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (C)	31 5:30p FREE XaBeat 6:30p Fund I (D) 6:30p Fund II/III (A) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (B)			

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

Zero Gravity Workshop
Aerial Silks & Reiki Meditation
July 20th @ 1-2 pm
\$45

FREE CLASSES

Barre: July 12th @ 12 pm

Pole: July 15th @ 7:45 pm

Drillz: July 27th @ 8:45am

XaBeat: July 31st @ 5:30pm

zerogravityfargo.com

SIGN UP FOR CLASSES TODAY!

701-630-5866

Tickets Available Online or by Phone

zerogravityfargo.com